300+ AMAZING GIVEAWAYS! ENTER FOR A CHANCE TO WIN. PAGE 12

# redbook

## THE ULTIMATE UNDER $50 GIFT GUIDE

120 great finds starting at $8!



**Khloé** on Caitlyn, Lamar, and her path to a new life (and that new body!)

## EAT MORE, WEIGH LESS

Snacks that slim you down

## 10 LITTLE WAYS TO BRING MORE JOY TO YOUR WORLD

## 6 EASY & AMAZING NO-BAKE COOKIES

## WINTER-PROOF YOUR SKIN

Look good even when it's *freeeeeeezing*

## BUILD YOUR BEAUTY CONFIDENCE

*Plus, open here for the cutest emojis ever!*

# 10 secrets to feeling beautiful every day

**1**

Stop thinking about your **NATURAL HAIR TEXTURE** as something to fix—**it's something to *love.***

**2**

**SMILE** while you're putting on **lipstick.**

**3**

Don't criticize your own looks in front of **YOUR DAUGHTER.** You ***know*** she's listening.

**4**

Celebrate your **GORGEOUS CURLS** with a super-cute **emoji.**

(See page 12 to find out more.)

**5**

When someone **COMPLIMENTS** your appearance, don't downplay it—**just say *thanks.***

**6**

**Quit complaining** that you're having a **BAD HAIR DAY,** because we promise that no one else thinks you are.

**7**

**SIT UP STRAIGHT:** Studies show that when you do, you feel **more confident.**

**8**

Place a **sticky note** on your mirror that lists three things you like about **YOUR LOOKS** (and keep adding to it!).

**9**

Stop referring to that **COWLICK** or scar or gap in your teeth as a flaw—**it's unique.** Perfection is *boring*.

**10**

Remind **A WOMAN** in your life how **beautiful** she is. We all need more of that!

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# Ever noticed there are no curly haired emojis?



Introducing the Dove Love Your Curls Emojis

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We believe that nothing should stop you from expressing your beautiful, curly self. Share how much you #loveyourcurls by downloading the free Dove Love Your Curls Emoji Keyboard.

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ANDROID APP ON Google play

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Dove knows that naturally curly hair is drier and most in need of nutrient-rich care to stay nourished, strong and manageable. Introducing our most nourishing range ever, NEW Dove Quench Absolute. Infused with Buriti Oil, this rich and creamy range locks in moisture to quench thirsty hair for beautifully defined, healthy looking, touchable curls. Perfectly nourished hair + 4X more defined*, natural curls

*Quench Absolute Shampoo, Conditioner or Mask and Crème Serum versus non-conditioning shampoo.

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STUDIO D.

**PHOTOGRAPHED BY** Gary Lupton

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## On the cover

Khloé Kardashian photographed by Yu Tsai. Hair: Jen Atkin at The Wall Group. Makeup: Joyce Bonelli. Manicure: Tom Bachik at Cloutier Remix for L'Oréal Paris. Set Design: Alex Bain at Opus Reps. See shopping guide, page 156, for clothing and makeup details.

CLOCKWISE FROM TOP LEFT: CHRISTOPHER COPPOLA/STUDIO D; SAM KAPLAN; NICOLE LAMOTTE/ONE KINGS LANE.




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# The women who save me

How to navigate a friendship is one thing you learn in middle school that you'll actually use for the rest of your life (unlike, say, playing the recorder). The friends I've been smart or lucky enough to acquire over the years are like my second family. They're my safety net, my wise Greek chorus, equally available for celebrations with wine or crying with wine. To me, feeling completely understood by someone who is not related to you by blood or marriage is one of the most blissful things you can experience. That's when you know you belong, when "it takes a village" feels less like a truism and more like the roots-deep truth. So this holiday season, I'll be cherishing my family and honoring my blessings, especially those born of tough times (for example, the four gorgeous strangers, above, who helped my father-in-law and his wonderful wife after they lost *everything* in the Columbia, SC, flood). I'll also be sending up shouts of gratitude for the friends who bring me joy, accept my frailties, and pick me up when life feels like it's dropped me from a great height. Like the neighbor who, despite having three little kids, one with special needs, always keeps her door lovingly open for my own boys. Or the mom at school who helps me look like I have my stuff together: note-taker at class meetings, stepping in to make "special snack" when I'm suddenly pulled out of town. The friends who make me laugh when I'm a zombie of nerves; the ones who live across the country but whose voices on the phone have so much tenderness and familiarity I feel like they're right beside me. I know you have these friends too. Look at the wonderful stories *you* sent us (see details at right), or "A Medical Crisis Led Me to My Best Friend" on page 86. And check out the groups of pals in our "Find Your Dream LBD" story on page 68. The women in it are just stunning—proof, as if we needed it, that nothing quite compares to the smile you get when you're with a true friend.



That's my husband, Conley, with a band of clean-up angels: Elizabeth Sharpe, Laura Howell, Sully Moore, and Amy Colgate.

## READ 'EM AND WEEP

I certainly shed multiple tears when I read the entries in our stories-of-friendship contest. The winner, Karen Lee from Flushing, NY, told us about her unlikely but powerful bond with Edythe, a woman twice her age. Meet them and other finalists online at redbookmag.com/friendship.




**LOOKING FOR THE PERFECT HOLIDAY GIFT FOR A FRIEND? LET US SUGGEST A SUBSCRIPTION TO REDBOOK! GO TO REDBOOKMAG.COM/GIFT TO ORDER A SUBSCRIPTION FOR ONLY $8.**

Meredith

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MEREDITH'S SWEATER AND SKIRT: J.CREW. SHOES: AQUAZZURA. SNAPSHOT: COURTESY OF SUBJECTS. MAGAZINE, BOW: GETTY IMAGES.



PHOTOGRAPHED BY Lee Clower

Smoother,
fuller brows.
**2 steps to wow.**



**/ before**



**1**
**/ shape** with wax pencil



**2**
**/ fill** with powder, then blend




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*define+fill duo*
BROW PENCIL

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MAYBELLINE.com

Emily is wearing New Brow Define + Fill Duo in Soft Brown.
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# redbook



The KR Collection for Silpada, $39; silpada.com.

**MY FAVORITE**

## earrings

I'm picky with earrings: I don't want them to overpower my outfit, but they still need to complement it. These mod studs strike the perfect balance, plus I love their party-worthy sparkle!

—SARAH GERRISH


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$48; fossil.com.

I always wear neutral gold jewelry, but when I saw these sleek black danglers with pavé crystals, I couldn't resist them. They're a little edgier than what I usually wear, but their simple shape is true to my style.

—MARIANNE CIVILETTO


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CHRISTOPHER COPPOLA/STUDIO D. STYLIST: DONA MANDEL AT JAMES REPS.

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# Up your emoji game

Words are so early 2015! Tiny pictures of people and things are the new communication frontier, so learn how to get the most out of them on **redbookmag.com**. Then, click over to our Facebook for endless holiday inspiration.



## 3 AMAZING NEW EMOJI KEYBOARDS

Attention, curly-haired ladies: You don't have to settle for speaking emoji with the straight-hair options anymore. Dove has rolled out an adorable new keyboard just for you. Find out how to download it, and learn about other delightful keyboards, at **redbookmag.com/keyboards**.

## 16 EMOJIS YOU'VE BEEN USING ALL WRONG

Like: Those two hands you think are high-fiving are actually *praying*. See it to believe it at **redbookmag.com/emojimeanings**.





## 25 PHRASES YOU CAN SAY ENTIRELY WITH EMOJIS

Because really, who just says "I love you" anymore? Get the laugh-out-loud-funny translations at **redbookmag.com/emojiphrases**.

## 'Tis the season

Find pretty party dresses, appetizers that won't crush your diet, and other bits of holiday sanity at **facebook.com/redbook**.





## MASSIVE HOLIDAY GIVEAWAY!



Santa's got nothing on us. Enter for a chance to win one of 418 beauty products, accessories, and more! Go to page 157 for details.

CLOCKWISE FROM TOP RIGHT: TOM WATSON; VITALINA RYBAKOVA/GETTY IMAGES; COURTESY OF MANUFACTURERS; BONNINSTUDIO/STOCKSY; PLUME CREATIVE/GETTY IMAGES; DOVE HAIR.

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## Rediscover the curls you were born with

New Dove Quench Absolute
Perfectly nourished hair +
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Dove knows that naturally curly hair is drier and most in need of nutrient-rich care to stay nourished, strong and manageable. Introducing our most nourishing range ever, NEW Dove Quench Absolute. Infused with Buriti Oil, this rich and creamy range locks in moisture to quench thirsty hair for beautifully defined, healthy looking, touchable curls. Perfectly nourished hair + 4X more defined*, natural curls

*Quench Absolute Shampoo, Conditioner or Mask and Crème Serum versus non-conditioning shampoo.

# ask REDBOOK

Free expert advice? Talk about a deal! Send your questions for our in-house gurus to redbook@hearst.com, or share them on social media with **#AskREDBOOK**.

**Q** In the winter, the heat is jacked up so high in my office that I want to wear summer clothes, but when I go outside I *freeze*. How can I dress for both temperatures? *—Corryn Celmer, Broomfield, CO*



"Nothing outsmarts a temperature tantrum like dressing in layers, and this Boden cardigan is my absolute favorite secret weapon. It's lightweight and slim-cut enough to wear under any coat, while the long length looks truly elegant over a work dress, skirt, or pants. It's a lovely upgrade from your usual office cardigan... and will still be great in the summer, when I'm guessing your office will be cold as ice!"
*—Jennifer Hitzges, fashion director*



Cardigan, $138; bodenusa.com.

**Q** What are some quick, cute hairstyles for wavy shoulder-length hair that aren't plain ponytails or buns? *—Ashlyn Affelt, Orlando, FL*



"Because wavy hair has built-in body and movement, it can be practically wash-and-go. One of my favorite ways to style a bob or shoulder-length waves is to mist Bumble and Bumble Surf Spray through hair when it's damp and then hit it with a blow-dryer for a couple of minutes. Just toss your hair around as you dry it for a soft and sexy look—no brush necessary. If you want a style that pulls some hair off your face, loosely braid a three-inch section at your temple. Use a pin to secure it back about four inches from your face, so the end of the braid disappears into the rest of your hair. So much prettier than just clipping it back!"
*—Ursula Stephen, celebrity hairstylist and REDBOOK MVP beauty awards judge*




Bumble and Bumble Surf Spray, $27 for 4-oz bottle; bumbleand bumble.com.

**Q** I have wool rugs throughout my home, but when I lifted them to clean, there were shadows left on my wood floors. Why did this happen and how can I prevent it?
*—Theresa Brady, Port Chester, NY*

"I feel for you—the same thing happened to me. The discoloring could be residue from under the rug, and a good cleaning with a product like Pledge FloorCare can scrub this grime away. If that works, just slip a rug pad underneath to prevent too much dirt from getting there again. The other culprit is sun damage *around* the rug, and I'm sorry to say the best fix for that is to refinish your floors (pricey!) or move your rug and hope the sunlight bleaches the dark mark. Keep this from happening again by applying a UV protectant to the floors—it'll save you major heartache!" *—Emily Henderson, Team Red columnist*






Pledge FloorCare Wood Squirt & Mop, $6.29; soap.com.

**HEY, DON'T BE A STRANGER!**

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Your opinion really matters. And we love to get your questions! We're here and we're listening, so drop us a line sometime, okay?

Letters may be edited for clarity and length.

CLOCKWISE FROM BOTTOM LEFT: JRYAN ROBERTS/STUDIO D; CHRISTOPHER COPPOLA/STUDIO D; STYLIST: DONA MANDEL AT JAMES REPS; DAYMION MARDEL; COURTESY OF MANUFACTURER; LUKE & KATHERINE GRIFFIN; COURTESY OF MANUFACTURER.

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#InfiniteShine Shade shown: **You Sustain Me**

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# The happiest winter outfits

Pale colors aren't only for spring, says our style guy, Brad Goreski. Just a few cozy staples in pretty pastels will do amazing things for your look *and* mood.

**Brad Goreski is a cohost of *Fashion Police* on E! network and styles stars like Rashida Jones and Jenna Dewan Tatum.**

When the whole world is trudging through winter in dark colors, light hues come off as super-confident. The key to not looking out of season is to go for classic wintry items, like the ones Kathy's wearing here. Keep the shapes sophisticated and simple: It's an easy formula with gorgeous results.



"I love how the 'party heels' keep this look feeling young and fun."
—OUR MODEL-FOR-THE-DAY, KATHY JUANA, 32, OWNER OF MYMISSIONLANE.COM

Henley, $26.95; gap.com. Necklace, $42; oliveandpiper.com. Vest, $169; zara.com. Pants, Liz Claiborne, $48; jcpenney.com. Pumps, $34.99; amiclubwear.com **(45% off with code RBAMI45)**.

STUDIO D. HAIR: JENNIFER NAST FROM SHARON DORRAM AT SALLY HERSHBERGER. MAKEUP: MARY GUTHRIE AT ABTP.COM. MANICURE: RACHEL SHIM AT ABTP.COM. BRAD'S HAIR: BENJAMIN THIGPEN AT ABTP.COM. BRAD'S MAKEUP: FRANK GUYTON. PROP STYLIST: AMY TAYLOR AT BA-REPS.COM. VASE, ROSE GOLD RHINO: CB2. PENDANT LAMP: ABC CARPET & HOME.



PHOTOGRAPHED BY Lauren Perlstein

“Sherbet-colored clothes that are thin or flowy give off warm-weather vibes. Stick to thick, heavy fabrics and textured knits.” —BRAD




### THE MOODY PRINT

**A dark background makes this soft floral seasonally appropriate. Tough accessories give it a cool edge.**

Skirt, Robert Rodriguez, $79; dillards.com. Earrings, $39; stelladot.com. Top, $23.97; shoppriceless.com **(10% off with code REDBOOK10OFF)**. Jacket, $32.90; forever21.com. Sizes XL to 3X. Ring, $48; louiseetcie.com. Bag, $118; usa.frenchconnection.com. Booties, $69; joefresh.com.




### THE STATEMENT COAT

**Sharp menswear tailoring balances the girliness of cotton candy pink—this coat looks great dressed-up, too.**

Coat, $250; whbm.com. Sweater, $89; llbean.com. Jeans, $36.94; oldnavy.com. Sizes 0 to 4X. Tote, Danielle Nicole, $88; amazon.com. Watch, $45; rumbatime.com **(30% off with code REDBOOKHOLIDAY)**. Cage heels, $37.10; gojane.com **(20% off with code RB1220R)**.



### THE CHUNKY SWEATER

**This cocktail-party combo is a real peach: comfy, flattering, and lets you stand out without standing all night in heels.**

Sweater, $88; bananarepublic.com. Earrings, $65; aprilsoderstrom.com **(20% off with code REDBOOK20)**. Dress, Marina, $200; modcloth.com. Clutch, $32; lulus.com **(20% off with code RB20)**. Bracelet, BaubleBar, $42; qvc.com. Flats, $89; ninewest.com.

STILLS: RICHARD MAJCHRZAK/STUDIO D. STYLIST: ANNE WLAYSEWSKI.

Discounts are valid from November 12, 2015, through January 4, 2016, and do not include taxes or shipping.



# The foolproof trick for sexy eyes

"Smoky eyes give you instant confidence, and they *can* be subtle enough for daytime," promises makeup artist Mally Roncal. Here's how to do it.

Makeup artist Mally Roncal works with stars like Beyoncé and Jennifer Lopez and is the founder of Mally Beauty cosmetics.

LET'S FACE IT: Dramatic eye makeup can be intimidating. Our model, Broadway actress and voice coach Candi Boyd, had long avoided it because she thought dark shadow and liner looked too harsh with her fair skin and red hair. "Plus, I'm not 21 anymore, and heavy makeup feels a little juvenile," she told me. I showed her how to play up her eyes with soft, wearable colors like warm bronze and natural brown instead of gray and charcoal. Bet you never thought a smoky look could be *this* understated.






"I've always been afraid to do smoky eyes, but I love how sophisticated this version is."

—OUR MODEL-FOR-THE-DAY, ACTRESS CANDI BOYD, 31



**Prep YOUR LIDS** Dab a nude eyeshadow base (or foundation) on your lids up to the brow bones—this will help the shadows stay put and not crease. Sweep a slightly shimmery nude-ish brown shadow on top up to your brow bones.



**DEFINE YOUR LASH LINES** Draw a chocolate brown or black pencil along your top lids, making the line a bit thick since you're going to blend it later. Be sure to fill in any gaps of bare skin between the lashes.



**ADD SMOKE** Using a fluffy shadow brush, dust lids with a glimmery bronze shadow, fading it to just above the crease. (Go a tad farther up if you have hooded lids.) Smudge over the liner for an ombré look, and blend, blend, blend!



**FINISH THE JOB** Brush the bronze shadow under your bottom lashes, then put on black mascara. (For extra oomph, line the inner rims of your bottom lids with brown pencil.) The best part: This requires *zero* touch-ups all day and night.

STUDIO D. HAIR: BENNETT GREY AT ABTP.COM. MAKEUP: CHRISTINE FULWILER FOR MALLY BEAUTY. MANICURE: RACHEL SHIM AT ABTP.COM. STYLIST: KATE POWELL. RONCAL: PHIL BICKETT.



SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

PHOTOGRAPHED BY Peter Rosa

# IT'S IMPOSSIBLE TO BEAT CANCER.

# ALONE.



Julie Bowen
SU2C Ambassador



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STAND UP TO CANCER®

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Stand Up To Cancer is a program of the Entertainment Industry Foundation (EIF), a 501(c)(3) charitable organization.
Photo Credit: Randall Slavin



# Hoping can't keep your kids from using drugs. But you can. And we can help.

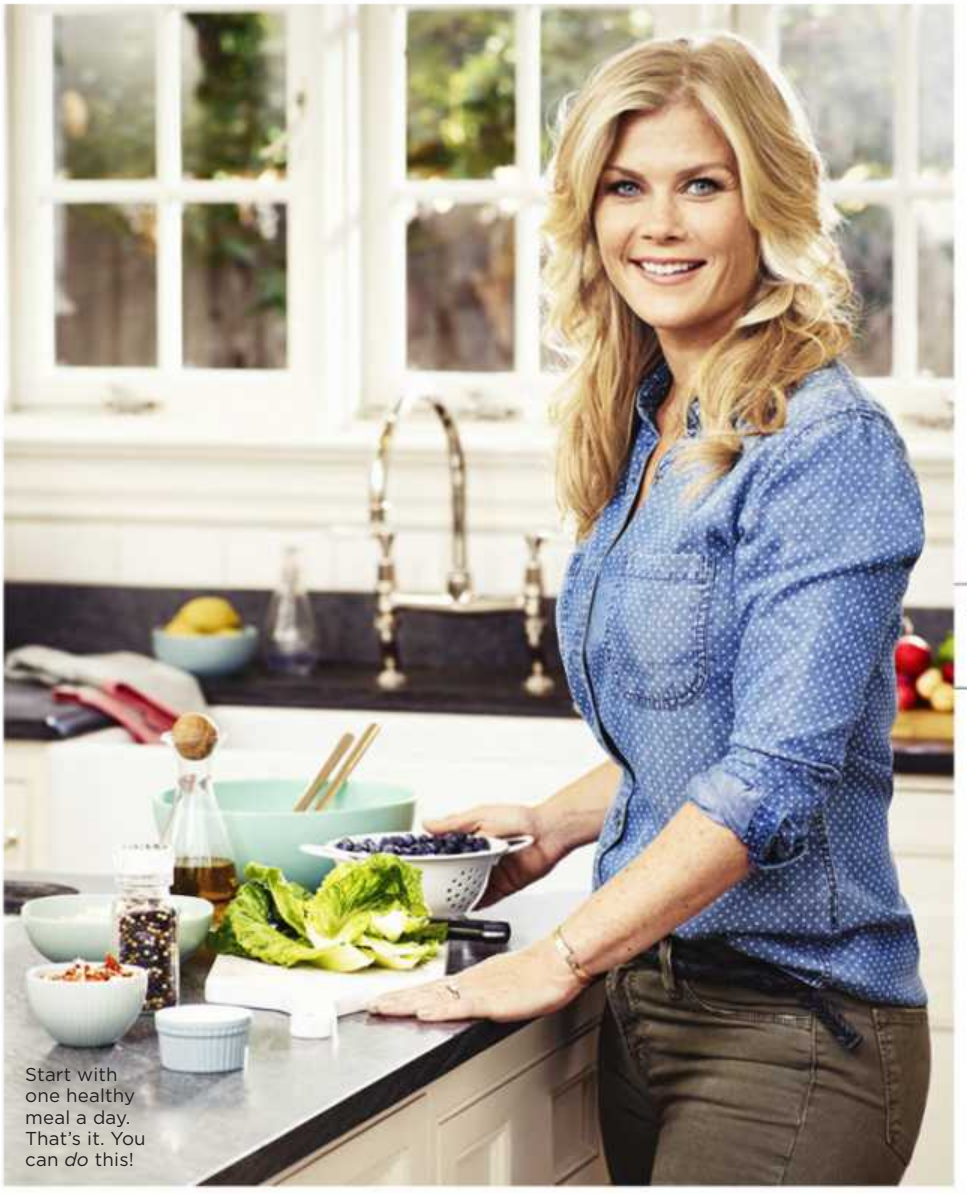
We partner with parents and families to help keep teens from using drugs and alcohol. We provide families with free, science-based resources to help them deal with teen substance abuse, information about the ever-changing drug landscape, programs that help parents engage with their teens, guidance for counseling or treatment if they are in trouble, and support from families that have already faced this problem. We're here to help. Let's work together.

**Call our toll-free helpline, 1-855-DRUGFREE. Or visit us at drugfree.org.**

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for Drug-Free Kids
Where families find answers

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Partnership is a nonprofit, 501(c)(3) charitable organization.



Start with one healthy meal a day. That's it. You can *do* this!

# 100% doable weight-loss advice

You've got to skip the resolutions, says Alison Sweeney. Her totally sane guide to getting in shape is all about celebrating success.

Fitness maven Alison Sweeney is the star and co-executive producer of Hallmark Movies & Mysteries's *Murder She Baked* franchise.

I'VE NEVER BEEN A BIG FAN of New Year's resolutions—they so often set you up for disappointment. "I want to lose 15 pounds." Great! But *how* are you going to do it? And if you "only" lose 13, does that mean you failed? Don't get me wrong: Goals are an important part of staying fit. But I think there's a way to make them more meaningful and manageable. Take these steps and you'll get there, I promise.

## SET A GOAL THAT DOESN'T INVOLVE THE SCALE

I learned a long time ago that focusing on my weight only stresses me out—every time I step on the scale and see that the number hasn't changed, I'm ready to quit. It's a terrible way to live. So instead, I set goals like these: *I want to be stronger*, or, *I want to stay fit so I can do the things my kids want to do*. Each time you make a choice that gets you closer to that goal, it's a success. And guess what? You'll probably lose a few pounds along the way.

## MAKE ONE SMALL CHANGE AT A TIME

You can't go from 0 to 60 overnight. First, you need to sit down and find windows of time when you can make a home-cooked meal or take a class at the gym. (When I first trained for a marathon, I figured out that I could squeeze in a distance run while my son, Ben, was in karate class.) Start with just one or two workouts a week and one healthier meal a day—even if it's just swapping your raisin bagel for whole-wheat bread—and build on it from there.

## REWARD YOURSELF EARLY AND OFTEN

Don't wait until you can make it through spin class without feeling like you might die, or for a coworker to say, "Oh, have you lost weight?" No, treat yourself anytime you feel that you've earned it. Stop for a manicure on your way back from the gym, or binge-watch *Empire* only after you've cooked a healthy dinner at home. (Leave the dishes if you have to!) I've learned that I need positive reinforcement just as much as my kids do.

## DON'T GIVE YOURSELF SUCH A HARD TIME!

You might find that you actually hate yoga. Or you might get sick, and before you know it a week will go by and you'll be no closer to your goal. That's okay. You can start fresh any day—any *minute*, really. So sign up for a class you've never tried, or commit to running every morning until it becomes habit again. When it gets tough, remind yourself why you set your goal in the first place and how great it felt when you were on track. Then get back to it.

HAIR: VERONICA NUNEZ AT ART DEPARTMENT. MAKEUP: DEIDRE DECKER. MANICURE: MARIEL PIZARRO. STYLIST: NICOLAS BRU AT THE ONLY AGENCY. PROP STYLIST: SCOTT HORNE AT BIG LEO PRODUCTIONS. ALI'S PANTS: J BRAND. SHIRT: RAILS. BELT: ANN TAYLOR.



# Make over a plain ol' bench

The hot new home trend right now is rug-covered upholstery, but it can be crazy-expensive. Luckily Emily Henderson is here with an easy way to get the look for so much less than you'll find in stores.

Emily Henderson is a stylist, decorator, *HGTV Design Star*, and author of the new book *Styled*.

THANK GOODNESS rug-covered upholstery is so easy to D.I.Y., because pieces like this are *not* cheap, my friends: I haven't found anything similarly cute for less than $500. I snapped up this bench at a flea market for $50 and simply stapled on a rug. A thinner one, like a kilim or flat weave (this runner was $127 at World Market), is your best bet, but a vintage one would look super-cool too.





Before



## 1 GATHER YOUR SUPPLIES

You'll need a bench, a heavy-duty staple gun with at least ½-inch staples (about $18 at Home Depot), scissors, and your rug. Make sure the rug is big enough to cover the sides of the bench, so you can have 1 to 2 inches of extra material on each side to staple underneath.



## 2 ATTACH THE RUG

Lay the rug upside down and center the bench on top of it, legs facing up. At the center of one of the long sides, fold the rug over the edge and staple into place. Repeat on the opposite side. Then work from the center to just short of the corners to staple the rug into place, pulling it as you go to avoid wrinkles.



## 3 ADD THE FINAL TOUCHES

Once you've finished the long sides, fold the rug over itself on the short sides as you would if you were wrapping a gift, and secure it in place. If the rug is bulky, trim out the excess material from the corners, but do this slowly and check your work—you don't want to mistakenly cut away too much.

STYLIST: SCOTT HORNE AT BIG LEO. HENDERSON: LUKE AND KATHERINE GRIFFIN.



PHOTOGRAPHED BY David Tsay

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# Satisfy a crowd in less than 30 minutes

Carla Hall says it *is* possible to crank out a holiday dinner on the fly. Just roast a whole side of salmon: It takes very little prep or time.



Carla is cohost of *The Chew* and author of *Carla's Comfort Foods: Favorite Dishes From Around the World.* >

MOST PEOPLE SAY THEY DON'T LIKE cooking fish because of the smell. The truth is, they tend to overcook it, causing the fishy odor. The trick is to roast it at a high temperature for a short time. It'll give you a chance to relax and enjoy your guests—these recipes yield enough for a hungry crowd and involve very little work. I like to roast potatoes with the fish and finish things off with a simple green salad and buttery rolls.

## BASIC ROAST SALMON

Active: 5 minutes
Total: 20 minutes

- **1 side of salmon (about 4 lbs, skinless)**
- **Kosher salt and pepper**

**1.** Heat oven to 450°F. Place the salmon on a parchment-lined rimmed baking sheet. Season with 2 tsp salt and ½ tsp pepper.

**2.** Spoon with half of the desired sauce (options, below), place in the oven with the potatoes (recipe, below), and bake for 15 minutes. Garnish with fresh herbs and serve with the remaining sauce.

## PARSLEY-FENNEL SALMON

**You'll need:** 4 Tbsp extra-virgin olive oil; ¼ cup chopped flat-leaf parsley; 4 cloves garlic, grated; 2 Tbsp fennel seeds, toasted and coarsely ground
**To make:** In a medium bowl, whisk together the olive oil, parsley, garlic and fennel seeds.

***Makes 8 to 10 servings. Per serving: 335 cal, 10 g fat (2 g sat fat), 47 g protein, 8 g carb, 0 g fiber.***

## DIJON-TARRAGON SALMON

**You'll need:** 1 cup Dijon mustard; 3 Tbsp chopped tarragon; 1 Tbsp honey
**To make:** In a medium bowl, whisk together the mustard, 2 Tbsp tarragon, and the honey. Garnish the cooked salmon with the remaining tarragon.

***Makes 8 to 10 servings. Per serving: 335 cal, 10 g fat (2 g sat fat), 47 g protein, 8 g carb, 0 g fiber.***

## YOGURT-LEMON SALMON

**You'll need:** 1 cup full-fat plain Greek yogurt; 3 Tbsp chopped dill; 1 lemon (zest and juice)
**To make:** In a medium bowl, whisk together the yogurt, 2 Tbsp dill, and the lemon juice and zest. Garnish the cooked salmon with the remaining dill.

***Makes 8 to 10 servings. Per serving: 335 cal, 13 g fat (4 g sat fat), 49 g protein, 2 g carb, 0 g fiber.***

## HERB-ROASTED POTATOES

Active: 10 minutes
Total: 30 minutes

- **2 lbs baby potatoes, halved**
- **3 Tbsp extra-virgin olive oil**
- **Kosher salt and pepper**
- **3 cloves garlic, thinly sliced**
- **1 Tbsp each chopped fresh parsley, chopped fresh thyme, and chopped fresh oregano (optional)**

Heat oven to 450°F. Drizzle the potatoes with the olive oil; add 1 tsp salt, ½ tsp pepper, and the garlic and toss to coat. Place the potatoes cut-side down on a rimmed baking sheet. Bake for 20 minutes, remove, and let cool for 5 minutes. Using a spatula, carefully remove the potatoes and place in a large bowl. Toss with the fresh herbs (if using) and season with more salt and pepper if necessary. Serve with the salmon.

***Makes 8 servings. Per serving: 150 cal, 5 g fat (1 g sat fat), 3 g protein, 23 g carb, 2 g fiber.***

GF ALL RECIPES HERE CAN BE PREPARED GLUTEN-FREE, BUT *ALWAYS* CHECK INGREDIENT LABELS.

FOOD STYLIST: KHALIL HYMORE. PROP STYLIST: KIRA CORBIN AT JAMES REPS. HALL: CRAIG SJODIN/ABC.

PHOTOGRAPHED BY Alice Gao




# *The perfectly simple snack for your perfectly complex life.*

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Find your favorite flavor at PerfectlySimpleBars.com.

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# 3 ways to save your budget this holiday

'Tis the season for overspending! Finance pro Nicole Lapin tells you how to gift well without adding your name to a credit card company's naughty list.

**Former CNN anchor Nicole Lapin is the author of the financial best-seller *Rich Bitch* and one of the stars of the new CW show *Hatched*.**

I WANT TO TELL YOU A CHRISTMAS TALE I always hear from women. It goes like this: A smart, hardworking gal (such as yourself) walks into a store full of glitzy displays. She has a gift list, but thanks to her big heart and the new possibilities, she ends up blowing her budget. By January, she's penny-pinching, and she's not alone. Americans collectively drop about $600 billion each year on holiday shopping—that's some major overspending, people! But it happens to the best of us, because flash sales and sparkly store windows wear down our good judgment. So consider these savvy pointers my not-so-secret Santa gift to you.

1 **Stop price-matching.** No, not the kind where you find a lower price elsewhere and ask your retailer to match it—I fully approve of that one. I'm talking about feeling the need to spend equal amounts of money on everyone on your list. For example, let's say you spend $50 on a wool scarf for your uncle, because he walks to work. Next you find an iPhone case for your aunt (who *always* drops her phone) for $25. But compared to that scarf's price tag, her gift now feels small, so you also grab a pair of $30 gloves. You know what I say to that? Bah humbug! The price differential doesn't matter as long as both parties will enjoy and use their gifts. In fact, a University of Chicago study found that gift recipients often assumed that lower-priced gifts were more generous than higher-priced ones. So stop playing the comparison game. I promise it will save you oodles of money, and everyone will be just as thankful—especially *you*, when you actually want to buy things next year.

2 **Don't trip up over tipping.** Now is a great time to show the people who help you out throughout the year some gratitude, but it's tough to know how much to give, and that can lead to overtipping or not tipping at all (both bad). Here's the breakdown: If you have a housekeeper, babysitter, dog-walker, or any other person who is regularly working in your home, it's kind to tip them a day's wages in cash. For your child's teacher, a small gift worth $20 is a good idea. If you have a regular hairdresser and you're the "every four to six weeks" type, consider giving 3 to 7 percent on top of your usual per-visit tip. If you can only afford a minimal tip, remember that a handwritten note never goes out of style. (Girl, no matter how busy you are, you can take five minutes to write something cute on a card.) Yes, cash is awesome, but a few kind words can create a warm feeling that stays with people long after that money is spent or saved.

3 **Play favorites!** With your smartphone in hand (and, seriously, when is it *not*?), you'll have access to great deals. On many social apps, it pays to keep track of your best-loved brands. If you've liked a company on Facebook, for example, deals and coupons can appear in your Notifications tab when you're near that store. Another app, Shopkick, lets you earn "kicks" for store visits and purchases that can be traded in for gift cards. You can also scan items with RedLaser, an app that tells you if a product is cheaper elsewhere. And even if you're late to the game this year, look for last-minute sales (especially on toys) on Free Shipping Day (December 18) and Super Saturday (December 19).



PHOTOGRAPHED BY Ronda Gregorio

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**By using the RELPAX $10 Co-pay Card, you acknowledge that you currently meet the eligibility criteria and will comply with the terms and conditions described below:**

- Co-pay cards are not valid for prescriptions that are eligible to be reimbursed, in whole or in part, by Medicaid, Medicare, or other federal or state healthcare programs (including any state prescription drug assistance programs and the Government Health Insurance Plan available in Puerto Rico [formerly known as "La Reforma De Salud"]).
- Co-pay cards are not valid for prescriptions that are eligible to be reimbursed by private insurance plans or other health or pharmacy benefit programs that reimburse you for the entire cost of your prescription drugs.
- Patients must be 18 or older.
- By using a co-pay card, a patient may pay only $10 per prescription. Savings provided by each co-pay card are limited to $100 per month. Each co-pay card may be used once per month for twelve (12) months. Provided you continue to meet the eligibility criteria, you may be eligible to receive a second co-pay card during the offering.
- Each patient is limited to one active co-pay card at a time during this offering period and the co-pay cards are not transferable.
- You must deduct the value received under this program from any reimbursement request submitted to your insurance plan, either directly by you or on your behalf.
- The co-pay card cannot be combined with any other rebate or coupon, free trial, or similar offer for the specified prescription.
- **The co-pay card will be accepted only at participating pharmacies.**
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For the **friends** you love more than anything

# GREAT GIFTS under $50

Polish off your list in one fell swoop (and treat yourself for being a smart saver) with these fantastic finds.

Stuff **under $20** that looks like it costs way, way more

For all the incredible **guys** in your life

1

COMES IN *plus*

2








10



15



12




14




13




11

**Win it!** We're giving away over 250 of these



PHOTOGRAPHED BY Christopher Coppola




STUDIO D. STYLIST: DONA MANDEL AT JAMES REPS.

1 **Make walking to the bus stop feel like walking the runway for your fave glam tween.** City Streets vest, $34; jcpenney.com. Sizes XS to 3X.

2 **Your game-obsessed BFF *needs* these blinged-out dominoes.** Domino set, $29.95; zgallerie.com. (20 readers will win one.)

3 **Dog-ear page 183 before you give this to your foodie friend... and expect lemon lava cakes as thanks.** *Rachel Khoo's Kitchen Notebook*, $29.95; bn.com.

4 **After the pretty-scented candles are gone, the glass holders can be repurposed to stash trinkets.** Tocca Holiday Candele da Viaggio Luxe, $45 for set of 3; nordstrom.com.

5 **Mom can use this to corral her keys or as a charm to pretty up her bag.** Key chain, $49; markandgraham.com. (10 readers will win one.)

6 **This pricey-looking hinged cuff will fit any wrist.** Cuff, $39.50; talbots.com. (5 readers will win one.)

7 **Thanks to these furry mittens, you won't need to remind your teen (for the hundredth time!) to bundle up.** Mittens, $48; bodenusa.com. (5 readers will win a pair.)

8 **So lovely, you'll want to plan all of your decorations around it.** Ornament, $19; verabradley.com.

9 **The perfect gift for any child under age 10: a place to hide from his parents.** Discovery Kids tepee, $49.99; bedbathandbeyond.com.

10 **Every eyeshadow color your niece will ever need.** E.l.f. Endless Eyes 100 Color Palette, $15; elfcosmetics.com. (25 readers will win one.)

11 **Galileo only wishes he had this cool constellation finder.** Stellarscope, $38; bestmadeco.com.

12 **The mix of herringbone and pom-poms is classic and a little wild... just like your favorite aunt.** Throw, $46.50 **(includes 25% discount using code REDBOOK25)**; furbishstudio.com.

13 **This watch may not stop Dad from being late, but he'll look *so good* whenever he shows up.** Watch, $44.95; timex.com.

14 **A trio of lush-smelling hand creams to slip in every bag.** Molton Brown Hand Creams Gift Set, $38; moltonbrown.com.

15 **This wireless mini speaker lets the kids take their music anywhere (preferably out of earshot).** Speakers, $40.99; shopping.hp.com. (10 readers will win one.)

amazing items. See page 157 for more details.

# Gorgeous finds worthy of **the BFF** who's always got your back.




**16 This sunny purse will match her mood.** Bag, $39.95; gap.com. **17 May this travel kit inspire a girls' trip.** Tarte Stroke of Midnight limited-edition brush set and travel case, $44; ulta.com. **18 A lovely option to replace the scarf you "borrowed."** Mixit scarf, $28; jcpenney.com. **19 Keep her cell from dying in the middle of a juicy story.** Portable charger, $30; shopbando.com. **20 She'll feel chic even while Googling "kid pea up nose."** Christian Siriano for Best Buy Collection tablet cover, $49.99; bestbuy.com. (10 readers will win one.) **21 Tough girls love sparkle too.** Ring, $49; silpada.com. (5 readers will win one.) **22 To wrangle the 50 lipsticks in her bag.** Cosmetic pouch, $42; hudsonandbleecker.com. **23 Coasters as charming as she is.** Chez Elle coasters, $48 for set of 4; rosannainc.com. **24 In *your* future: hugs for this zodiac bangle.** Bracelet, $42; sequin-nyc.com **(20% off with code REDBOOK)**. (10 readers will win one.) **25 Glitz up her lobes.** Earrings, $48; moonandlola.com **(20% off with code REDBOOK1215)**. (10 readers will win one.) **26 Friends don't let friends wear boring sweaters!** Sweater, $36.94; oldnavy.com. Sizes XS to 4X.

RING: RICHARD MAJCHRZAK/STUDIO D. STYLIST: ANNE WLAYSEWSKI.

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Surprises that will make **little ones** whoop with excitement.




27 **This heavenly number will make it easy to talk her out of the Elsa costume for Christmas dinner.** Dress, $28.95; fabkids.com. (5 readers will win one.) 28 **A spiderweb-themed dartboard that won't cause bodily harm (or holes in your wall).** Lattjo dartboard, $12.99; ikea.com. 29 **For the most chill little dude you know, a toasty hat.** Hat, $19.95; childrensplace.com. (5 readers will win one.) 30 **Every tea party deserves a fabulous cake.** Toy cake, $20; jojomamanbebe.com. 31 **May the bedtime force be with both of you: Your mini *Star Wars* fan will beg to rest his sweet little head on this pillow.** R2-D2 pillow, $19.99; jcpenney.com. 32 **Trust us (not the scarf), this will keep her super-warm.** Scarf, $24.95; gap.com. 33 **Glittery shoes she can wear *everywhere*.** Sneakers, $49 **(includes $8 discount using code WISHES)**; skechers.com. (5 readers will win a pair.) 34 **These kitty earmuffs are purr-fection.** Joe Boxer earmuffs, $9.99; kmart.com. (5 readers will win a pair.) 35 **Start your engines: This is the ideal prop to turn the walk to school from a slog into a pretend race.** Dabbawalla backpack, $40; shoppingforachange.org **(10% off with code REDBOOK10)**.


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Ho Ho Ho!
Pier 1 IMPORTS™

# Awesome stuff the **guys** in your life never knew they needed.




**36 His new "dressy" sweater.** Sweater, $44.95; ae.com. **37 There's nothing more chivalrous than a man with a hanky to share.** Handkerchiefs, $30 for set of 2; bittleandburley.com. **38 A durable, polished backpack will suit the weekend warrior with a weekday commute.** Backpack, $39; cotopaxi.com **(20% off with code REDBOOK20)**. **39 Your guy's newly soft skin is reason to cuddle more. Plus, net proceeds will provide meals to families in need.** Kiehl's limited-edition Creme de Corps by Costello-Tagliapietra, $29.50 for 8.4 oz; kiehls.com. (25 readers will win one.) **40 Let him sip coffee like a lumberjack.** Thermal carafe, $34.95; crateandbarrel.com. **41 This pocket cutlery set will top the Swiss Army knife in Dad's esteem.** Hobo knife, $26; bestmadeco.com. **42 Jazz poker night right up.** Ridley's poker set, $49.50; dabneylee.com **(10% off with code REDBOOK10)**. **43 Keep his head cozy and cute.** St. John's Bay trapper hat, $30; jcpenney.com. **44 This connects Internet streaming services like Hulu to your TV, so he can watch his favorite shows whenever.** Streaming stick, $49.99; roku.com. (5 readers will win one.) **45 Because Saturdays are meant for sharing a well-made Bloody Mary.** Artwork by Alyson Thomas glasses, $25 for set of 2; uncommongoods.com.



SOMETHING *Sweet* *To delight*



SOMETHING
**SPICY TO EXCITE**



*Something*
**BOLD TO SATISFY**




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Luxe picks your **mom (and aunt, and MIL)** won't stop showing off.


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COMES IN plus


54



50

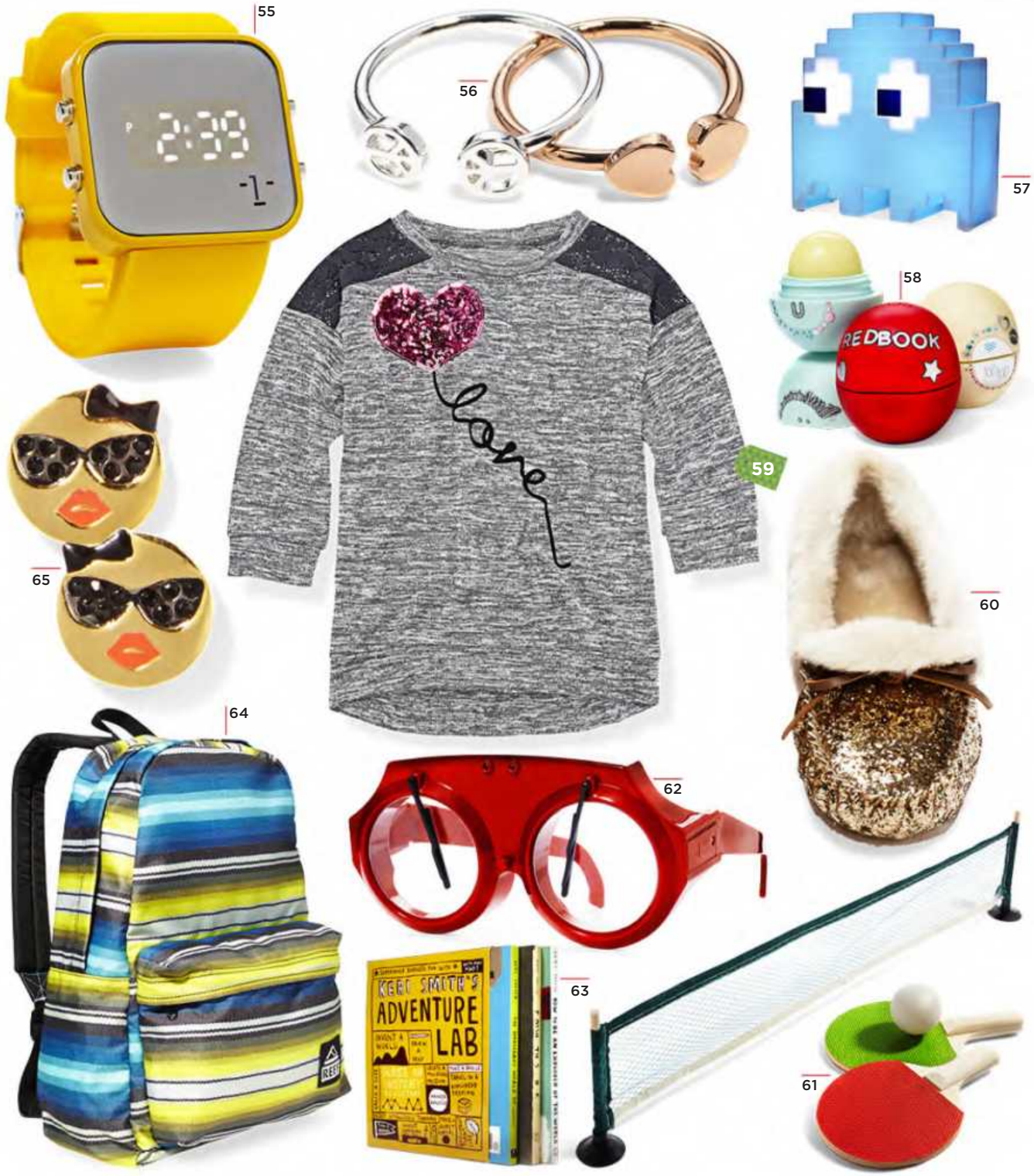


52



53

**46 Monogrammed slippers guarantee a special start to any morning.** Slippers, $22.50; mud-pie.com **(10% off with code REDBOOK10)**. (5 readers will win a pair.) **47 This necklace makes even a plain tee look polished.** INC International Concepts necklace, $29.50; macys.com. **48 Linen cocktail napkins for the woman who taught you how to throw a good party.** Cocktail napkins, $25 for set of 4; sideshowpress.com. **49 Every chef craves fresh herbs at her fingertips.** Bamboo organic culinary herb set, $40; bambeco.com. **50 A gorgeous decorating book to inspire her and dress up her coffee table.** *Absolutely Beautiful Things* by Anna Spiro, $29.99; amazon.com. **51 Classic and stunning, just like she is.** Liz Claiborne earrings, $20; jcpenney.com. **52 She'll insist you return this tote—that's how expensive it looks.** Tote, $49; imoshionstore.com **(20% off with code REDBOOK20)**. (10 readers will win one.) **53 Three lippys, a blush, and an eyeshadow, in shades she'll adore.** Clinique The Whole Lotta Chubby Collection, $25; sephora.com. **54 Plush pj's for lazy crossword-filled Sundays.** Croft & Barrow pajamas, $40 (sizes XS to XXL), $44 (sizes 1X to 3X); kohls.com.




**55 Pet lovers will adore this watch: A percentage of profits goes to finding animals homes.** Watch, $40; 1face.com. **56 Help put peace and love at her fingertips.** Rings, $29.99 for set of 2; mykitsch.com. (5 readers will win one.) **57 When this guy isn't chasing PacMan, he makes the cutest wall light.** Paladone Products Ltd. lamp, $39.99; modcloth.com. (8 readers will win one.) **58 She'll love personalizing these lip balms (decals included) as much as you used to love Bonne Bell.** EOS DIY Holiday Collection, $9.99; target.com. (10 readers will win one.) **59 Because she makes *your* heart sparkle.** Total Girl top, $30; jcpenney.com. **60 Behold! The most fun fuzzy slippers ever.** INC International Concepts slippers, $39.50; macys.com. **61 Turns your kitchen table into Ping-Pong central.** Glow-in-the-dark desktop tennis set, $14; jcrew.com. **62 Essential gear for intrepid explorers... or family clowns.** Wiper glasses, $12; restorationhardware.com. **63 Three activity books with ideas for things to draw, build, and discover will stretch their already wild imaginations.** *Keri Smith's Adventure Lab*, $45.95; amazon.com. **64 This backpack stands out in a crowd (think school pickup).** Backpack, $35; reef.com. **65 Wearing emojis is even better than texting them.** Earrings, $48; katespade.com.

# Swanky **under-$20 finds** for everyone else on your list.




**66 A pretty little stash-all.** Beaded pouch, $19; westelm.com. **67 Gift these sponges with the note: "Love you, doll!"** Sephora Collection Trio Sponge Set, $18; sephora.com. **68 Cases to banish grumpy mornings.** Pillowcases, $7.99 for set of 2; rue21.com. (5 readers will win one.) **69 Stick this grooming kit in his backpack.** On-the-go men's travel kit, $14.95; crateandbarrel.com. **70 Remind your workout buddy that you appreciate her.** Water bottle, $18; cameonouveau.com. (10 readers will win one.) **71 This gadget takes a selfie from 30 feet away.** Clickie selfie remote, $19.50; gotriplec.com. **72 A luggage tag that keeps your info private until it's lost, at which point a kind soul can scan the QR code to contact you.** Luggage tags, $14.95 for set of 2; myrume.com (10 readers will win one.) **73 Paper airplanes for the design maven.** Paper airplane set, $19; wolfum.com. **74 Your fave baker can use this to stamp cookies with personalized messages.** Cookie stamp, $14.99; containerstore.com. (10 readers will win one.) **75 A bundle of cult-favorite balms.** Beeswax Bounty Lip Balm Set, $9.99; burtsbees.com. (25 readers will win one.) **76 Your kid won't want to lose these (and you won't freak if he does).** iLive stereo headphones, $15; jcpenney.com.

SELFIE REMOTE: RICHARD MAJCHRZAK/STUDIO D. STYLIST: ANNE WLAYSEWSKI.



Discounts are valid from November 12, 2015, through January 4, 2016, and do not include taxes or shipping.

# YOUR holiday GIFT LIST

All these items are available at JCPenney.



iLive stereo headphones, $15



Total Girl sequin top, $30



R2-D2 pillow, $19.99



St. John's Bay trapper hat, $30



Mixit scarf, $28



City Streets vest, $34



Liz Claiborne earrings, $20

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JCPenney

'CAUSE A LITTLE
**BLING**
IS YOUR THING

JOY TO THE
**KITCHEN**

SILENT NIGHT
**COZY**
NIGHT

KEEP IT
**DASHING**
THROUGH THE SNOW

Use these tags from **JCPenney** to add some holiday cheer to your perfect gift. Enjoy!

Holiday joy is a present that says,

"I know you. I get you. I *so* have the perfect gift for you."

TO:

FROM:

TO:

FROM:

TO:

FROM:

TO:

FROM:

Here's our gift to you: Go to **jcp.com/gifts** to print gift tags for everyone on your list.




***Tear this out and use it to shop!***

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Handbags
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**WHERE GIVING BEGINS**

JCPenney




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Spinbrush
Battery-Powered Toothbrush

Give the gift of a superior clean. Check out the full line of affordable ARM & HAMMER™ battery-powered toothbrushes, from adult brushes that provide a more effective clean*, to kids brushes that make brushing fun! **Visit ArmAndHammer.com for great savings.**

*In hard-to-reach places vs. an ordinary manual brush. Data on file.

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PHOTOGRAPHED BY David Prince

# Find a fragrance you'll *love*

There are so many new scents out now, where do you begin? By taking our quiz on the next page! Like eHarmony for your nose, it'll determine your ideal match. One of these three beauties might be it for you.




From left: Eternity Now **CALVIN KLEIN** eau de parfum, $82 for 3.4 oz. **LANCÔME** La Vie Est Belle Intense eau de parfum, $110 for 1.7 oz. **AVON** Attraction for Her eau de parfum, $30 for 50 ml.

STYLIST: NICOLE SOFER AT CORNELIA ADAMS.

# Now let's discover your type...

## Start here:

**WHICH PIECE OF JEWELRY DO YOU WEAR THE MOST?**

- Studs
- Statement necklace
- Cocktail ring

**SPEAKING OF, HOW DO YOU LIKE YOUR MEN?**

- In bed
- Clean-shaven, in a suit
- Rugged and casual

*Girl.* Let's keep it PG.

**SO YOU LIKE TO STAND OUT. WHAT'S YOUR GOING-OUT LIPSTICK?**

- Ladylike rose
- Sexy red

**PAIRED WITH WHICH FANCY DRINK?**

- White wine
- A cosmo
- *Smurrr...zatini...*

Quit while you're ahead, lady!

**YOU'RE HOSTING THE PARTY. WHAT'S THE FIRST THING YOU DO?**

- Put flowers on the table.
- Light a musky, romantic candle.

**IF YOU COULD STEAL HIM AWAY FOR A WINTER VACAY, WHAT WOULD YOU DO?**

- Soak up sun in the Caribbean
- Stroll through the Tuileries in Paris

**YOU HAVE TO SPLIT A DESSERT. WHICH DO YOU CHOOSE?**

- Apple pie
- Crème brûlée
- I don't *share* dessert.

Just pick one!

## Sweet & flirty




**These bright, juicy mists have a tropical-fruit or coconut-y vibe.**

Eternity Now **CALVIN KLEIN**, $82 for 3.4 oz (10 readers will win it; see page 157 for details). **BEYONCÉ** Heat Wild Orchid, $20 for 0.5 oz. **MARY KAY** Cityscape, $50 for 50 ml.

## Classic & feminine




**Fresh florals like peony and rose are mixed with crisp citrus or soft vanilla.**

Kuba Rose by **ISABEL TOLEDO**, $53 for 2.5 oz. **ESTÉE LAUDER** Modern Muse Le Rouge, $82 for 1.7 oz. **VERA WANG** Embrace Rosebuds and Vanilla, $29.99 for 1 oz.

## Sensual & bold



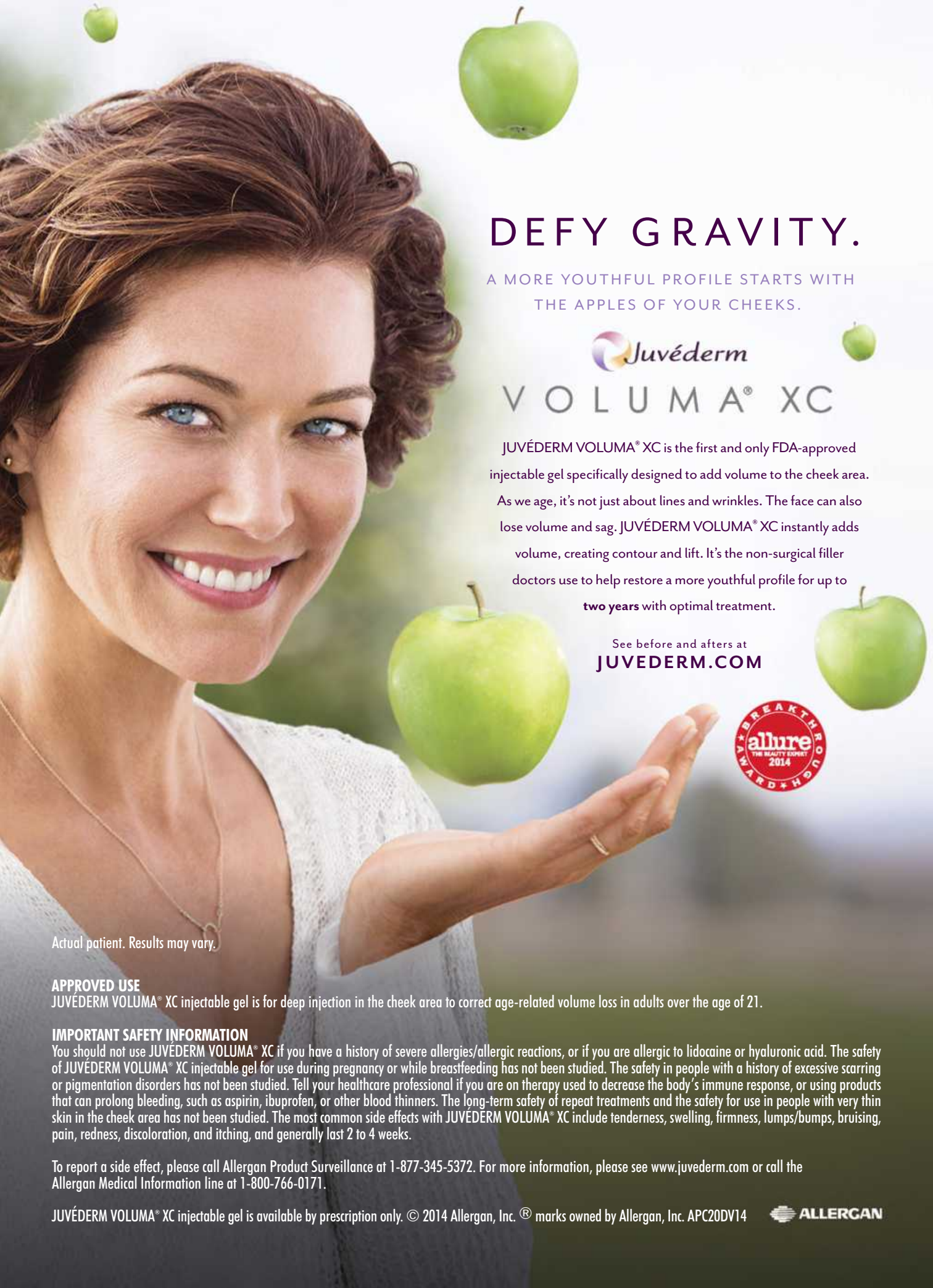

**The blends here are warm and spicy, with a creamy or woody base.**

**AVON** Attraction for Her, $30 for 50 ml. **LANCÔME** La Vie Est Belle Intense, $110 for 1.7 oz. **ELIZABETH ARDEN** Always Red, $69 for 3.3 oz.

CHRISTOPHER COPPOLA/STUDIO D.



SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.



# DEFY GRAVITY.

A MORE YOUTHFUL PROFILE STARTS WITH THE APPLES OF YOUR CHEEKS.

Juvéderm

## VOLUMA® XC

JUVÉDERM VOLUMA® XC is the first and only FDA-approved injectable gel specifically designed to add volume to the cheek area. As we age, it's not just about lines and wrinkles. The face can also lose volume and sag. JUVÉDERM VOLUMA® XC instantly adds volume, creating contour and lift. It's the non-surgical filler doctors use to help restore a more youthful profile for up to **two years** with optimal treatment.

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BREAKTHROUGH AWARD allure THE BEAUTY EXPERT 2014

Actual patient. Results may vary.

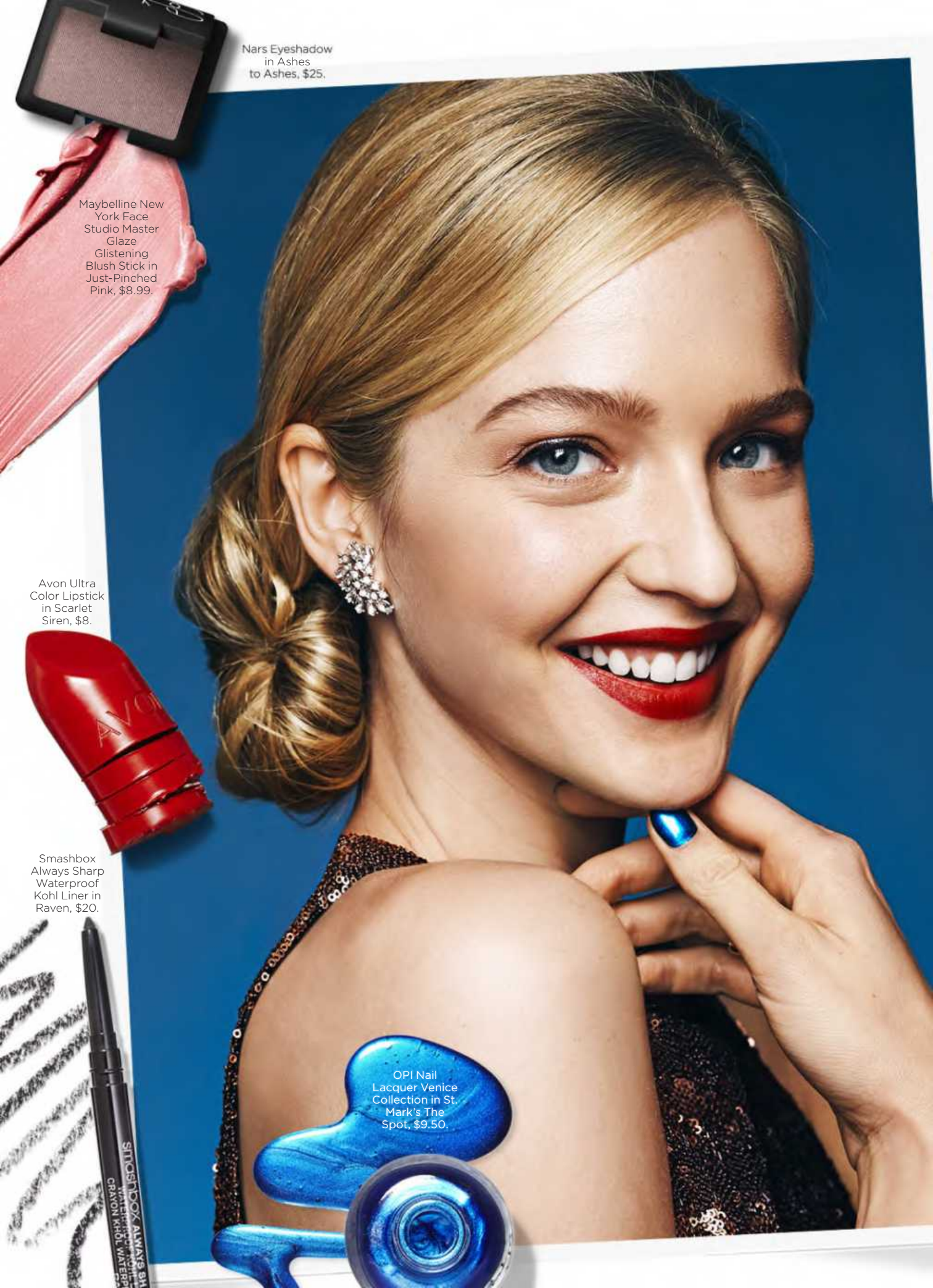
**APPROVED USE**
JUVÉDERM VOLUMA® XC injectable gel is for deep injection in the cheek area to correct age-related volume loss in adults over the age of 21.

**IMPORTANT SAFETY INFORMATION**
You should not use JUVÉDERM VOLUMA® XC if you have a history of severe allergies/allergic reactions, or if you are allergic to lidocaine or hyaluronic acid. The safety of JUVÉDERM VOLUMA® XC injectable gel for use during pregnancy or while breastfeeding has not been studied. The safety in people with a history of excessive scarring or pigmentation disorders has not been studied. Tell your healthcare professional if you are on therapy used to decrease the body's immune response, or using products that can prolong bleeding, such as aspirin, ibuprofen, or other blood thinners. The long-term safety of repeat treatments and the safety for use in people with very thin skin in the cheek area has not been studied. The most common side effects with JUVÉDERM VOLUMA® XC include tenderness, swelling, firmness, lumps/bumps, bruising, pain, redness, discoloration, and itching, and generally last 2 to 4 weeks.

To report a side effect, please call Allergan Product Surveillance at 1-877-345-5372. For more information, please see www.juvederm.com or call the Allergan Medical Information line at 1-800-766-0171.

JUVÉDERM VOLUMA® XC injectable gel is available by prescription only. © 2014 Allergan, Inc. ® marks owned by Allergan, Inc. APC20DV14

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Nars Eyeshadow in Ashes to Ashes, $25.
Maybelline New York Face Studio Master Glaze Glistening Blush Stick in Just-Pinched Pink, $8.99.
Avon Ultra Color Lipstick in Scarlet Siren, $8.
Smashbox Always Sharp Waterproof Kohl Liner in Raven, $20.
OPI Nail Lacquer Venice Collection in St. Mark's The Spot, $9.50.

*Take just a minute and put on your*

# PARTY FACE

It's the moment for getting dressed up—and feeling stressed-out and short on time. So we asked top beauty pros to dream up elegant makeup looks that are simple and fast and will instantly get you looking and feeling extra-festive. (So you, busy lady, don't even have to think about it!) Consider this super-speedy plan our gift to you. Now don't you have a glass of champagne waiting?

## SLICK ON A FRESH RED LIPSTICK

"A rich, velvety red is *so* sophisticated," says makeup artist Jamie Greenberg, who works with Rashida Jones. "Plus it perks up your entire complexion and makes you look polished." If you're fair, choose a pomegranate shade; go berry for olive skin; and try merlot on dark skin, suggests makeup artist Pati Dubroff, who pretties up Charlize Theron. Then, warm the rest of your face with a rosy blush on the apples of cheeks and a shimmery taupe shadow on lids, and add a touch of black liner along your top lashes. And when your makeup is this classic, why *not* have fun with a metallic blue mani?

*By* **Marissa Oliva**

Photographed by **Joshua Pestka**

Clinique Cheek Pop in Pink Pop, $22.




Marc Jacobs Beauty Enamored Hi-Shine Lip Lacquer in 312 Sugar Sugar, $28.

win IT!

CoverGirl Queen Collection Vivid Impact Liner in Jade, $9.99. (25 readers will win one; see page 157 for details.)

## BRIGHTEN EYES WITH A FLICK OF LINER

Work that Holly Golightly winged look in a cool, youthful way by swapping out your black pencil for a vibrant jewel-tone one. "Emerald, sapphire, and amethyst are all hot right now," says Dubroff. Draw a thin line of the pencil along your top lashes, ticking it up just a tad at the outer corners. To enhance the flirty vibe, "curl your lashes so they're fanned out and brush on a volumizing mascara," says Greenberg. (If your lashes are thin or short, apply a lash primer before mascara to help thicken and lengthen.) For the final touch, sweep on a soft pink blush and a peachy-nude lip gloss.

L'Oréal Paris Voluminous Superstar Mascara (which includes a primer), $10.99.

STUDIO D. OPENING SPREAD: DRESS: TALULA FOR ARITZIA. JEWELRY: STERLING FOREVER. THIS PAGE: DRESS: GUESS. EARRINGS: ROBERTA CHIARELLA. STILLS: CHRISTOPHER COPPOLA/STUDIO D.




Sonia Kashuk Crème Blush in Rosey, $9.79.

Revlon PhotoReady Skinlights Face Illuminator in Bronze Light, $12.99.

## CREATE SUBTLE RADIANCE ALL OVER

If you're the low-key-makeup type, focus on healthy, glowing skin—which you can achieve in minutes with a liquid bronzer and rosy-nude shades. First, "use a big, fluffy brush to buff a drop or two of liquid bronzer over the perimeter of your forehead and along your cheekbones and chin, making sure to blend away any lines," says Greenberg. Next, swirl a coral cream blush on cheeks, dust a glimmery bronze shadow on lids, and add lots of mascara. Top it all off with a sheer rosy lipstick and you'll look like you spent the afternoon with Beyoncé's facialist.

DRESS: BEBE. EARRINGS: BAUBLEBAR.

Estée Lauder Pure Color Envy Shine Sculpting Shine Lipstick in Charmed, $30.

Bobbi Brown Metallic Eye Shadow in Burnt Sugar, $24.

## LAYER ON A LITTLE COLOR

There's no need to fear colored eyeshadow: "A soft wash of a gleamy, understated shade like gray-blue or forest green looks stunning and helps your eyes seem open and sparkling," Dubroff says. Sweep it on from lashes to crease, then anchor it with a thin line of black pencil on your top lash line and mascara. For the finish, a dusty pink blush and sheer pink lip stain keep things light and super-lovely.

**FASHION DIRECTOR** Jennifer Hitzges **HAIR** Kevin Woon at Jed Root Inc for Woon Salon **MAKEUP** Amy Chin for amychinbeauty.com **MANICURE** Rachel Shim at ABTP.com for Lancôme




TOP: KAREN KANE. EARRINGS: NOIR. NECKLACE: SIMPLY VERA VERA WANG.



SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.



# Watch your figure.

49 PISTACHIOS

- 160 calories
- 6 grams protein
- 3 grams fiber



# Watch your backside.

13 FLAVORED TORTILLA CHIPS

- 160 calories
- 2 grams protein
- 1 gram fiber

Let's do some snackin' math. For the same calories, you get a lot more pistachios than flavored tortilla chips. Plus, pistachios are a good source of protein and fiber, and heart-friendly. And, a recent Harvard study suggests eating nuts seven times a week or more is as healthy as it is smart. So next time you grab a snack, use your brains. Your backside will thank you for it.




Get Crackin'

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content. © 2015 Wonderful Pistachios & Almonds LLC. All Rights Reserved. WONDERFUL, GET CRACKIN', the Package Design and accompanying logos are registered trademarks of Wonderful Pistachios & Almonds LLC or its affiliates. WP14074

# Winter-proof your skin no matter where you live

There's no one-jar-fits-all solution for the stuff that happens to your skin this time of year, whether you're facing snow or sleet or relentless humidity. So we asked top facialists across the U.S. to map out exactly what you need to look fresh and gorgeous.

BY CRISTINA MUELLER



## THE FRIGID Northeast and Midwest



"The winters here really assault skin," says Kelly Mack, owner and head aesthetician at Absolute Precision Skin Care in Chicago. "The air outside is dry, the indoor heating is dry—there's no escape!" Factor in subzero wind chills "and I see a lot of flaky, dehydrated, raw faces." To soothe things...

**CLEANSE GENTLY** Switch to a soap-free, creamy face wash (such as Burt's Bees Sensitive Facial Cleanser, right, $10). Then, to slough away dead skin—which builds up more in dry weather and can zap your glow—"create an extra-mild scrub by blending in a tiny bit of rice powder, which is non-abrasive, with your dollop of cleanser every other night," says Mack. Try Tatcha Rice Enzyme Powder ($65).

**SPRITZ ON A HYDRATING MIST** Pick one that contains calming ingredients like lavender or neroli and spray it on clean skin before lotion to boost skin's moisture and prevent irritation. Try Kiehl's In-Flight Refreshing Facial Mist ($14); Mack likes Éminence Stone Crop Hydrating Mist ($38). And lay off the alcohol... in your products. "Astringents can break down skin's outer layer, which protects it from the cold."

**APPLY A SILICONE-BASED MOISTURIZER DURING THE DAY** It's like a down puffer coat in a jar: "The silicone helps shield your skin against harsh conditions," says Mack. Her fave is Dermalogica UltraCalming Barrier Repair ($43).

**CHILL WITH A MASK ON** Once a week (or anytime after the wind has been whipping your face all day), slather on a hydrating face mask before bed and leave it on for an hour. "Look for a formula without any acids that has oatmeal or calendula to soothe," notes Mack. Try First Aid Beauty Ultra Repair Instant Oatmeal Mask ($22).

**ADD AN EXTRA LAYER** To protect from windburn on bitter cold days, "dab a bit of that same mask on your cheeks before applying lotion," says Mack.




## DEWY CONDITIONS down South



Year-round humidity has its supple-skin perks, "but it can also trigger sallow or broken-out skin when women layer on products that are too rich for this climate," says facialist Tammy Fender, owner of the Tammy Fender Holistic Skin Care spa in Palm Beach, FL. For a balanced complexion...

**SWAP YOUR NIGHT CREAM FOR AN OIL** "It'll deliver all the necessary nutrients like essential fatty acids and antioxidants to skin, but since oils absorb fast, they don't congest pores

HAIR: COREY TUTTLE. MAKEUP: BRETT JACKSON AT SARAH LAIRD & GOOD COMPANY. MANICURE: ANA-MARIA AT ABTP.COM. PRODUCT STILLS: COURTESY OF MANUFACTURERS.



PHOTOGRAPHED BY Lee Clower

like some creams do," says Fender. "In a humid environment, skin needs to *breathe*." She recommends either pure rose-hip-seed oil, "a superb hydrator that contains trans-retinoic acid, a natural ingredient that may help fight lines," or pure avocado oil, "which has lots of great vitamins and antioxidants." You can find these pure oils in most health-food stores or at the Vitamin Shoppe for about $5 to $10 each.

**MASSAGE IT IN** When you blend on the drops of face oil, gently pinch your skin as you go. "This boosts circulation and brings blood and oxygen to the surface, which in turn helps flush out impurities and brighten skin," Fender explains.

**DO AN ACNE-FIGHTING COMPRESS** If you're breaking out, apply your regular nighttime cleanser, then add two drops of rosemary essential oil (also available in health-food stores) to a basin of warm water. Swish your washcloth in the water, then press it on your face for one minute before rinsing off the cleanser. "Rosemary oil is antibacterial and antiseptic, so it's excellent at fighting acne-causing bacteria," says Fender. "My clients tell me that this one step really clears up their skin."




**FOLLOW WITH A CLAY MASK** Three nights a week, smooth it on just-washed skin and let it sit for eight to 10 minutes. "Clay, particularly pink clay, is rich in minerals that deep-clean skin to purify and tighten pores," says Fender. Try Tammy Fender Restorative Radiance Masque ($235) or Origins Original Skin Retexturizing Mask with Rose Clay (left, $25).

## HIGH ALTITUDE in the Mountain states



"We probably get as much sunshine per year as California," says Heather Davis, lead aesthetician at the St. Regis Remède Spa in Aspen, CO. But at an altitude of nearly 8,000 feet, UV rays are especially intense, so the endless sunny days can increase your risk for aging skin damage. To stay protected...

**USE AN ANTIOXIDANT SERUM IN THE MORNING** "If you spend money in one area of your regimen, spend it on a high-quality antioxidant serum," says Davis. "One with ferulic acid and vitamins C and E helps fight sun damage and free radicals—both of which cause skin aging—and calms redness, too." Try SkinCeuticals CE Ferulic serum ($162).

**CHOOSE A FACIAL SUNSCREEN WITH PA+++** "Unlike our SPF rating system, which measures only burn-causing UVB rays, Japan's PA rating measures UVA rays, which contribute to wrinkles, spots, and skin cancer," says Davis. "PA+++ offers great UVA protection." Try Laura Mercier Foundation Primer Broad Spectrum SPF 30 PA+++ (right, $34).

**THEN BE SURE TO WASH IT ALL OFF** The more potent the sunscreen, the harder it can be to remove at the end of the day, which can lead to clogged pores. So Davis recommends sudsing up with your cleanser, rinsing, then doing it all again to get rid of every trace of sunscreen.




**DON'T FORGET YOUR LIPS** They're just as vulnerable to skin cancer, so an SPF-30-or-higher lip balm like Supergoop! Acai Fusion Lip Balm SPF 30 ($8.50) is essential for day. Before bed, rub on a lip treatment that contains hydrating nutrients such as coconut oil or shea butter. Davis likes Lipsmart ($30); Yes to Coconut Cooling Lip Oil ($4.99) is good too.

## DRY AIR out West



The lack of humidity in this region may churn out great hair days, but it can take a toll on skin. "When there's no moisture in the air, skin can look dull and lines may seem worse," says facialist Kate Somerville, founder of the Kate Somerville Skin Health Experts spa in West Hollywood, CA. To get back to a soft, healthy place...

**START YOUR DAY OFF WITH A SMOOTHIE** "My skin is noticeably clearer and more hydrated when I drink a green smoothie every morning," says Somerville, who downs one made with a blend of 1½ cups of spinach, 1 cup of coconut water, a frozen banana, and a quarter of an avocado. If that's not your cup of tea, try an actual cup of green tea instead. "It's packed with antioxidants that help your skin fight off free radicals," she says.

**ADD A RETINOL PRODUCT TO YOUR P.M. REGIMEN** "The ingredient stimulates collagen, which in turn fades wrinkles and spots and tightens pores; improves texture; and calms breakouts," Somerville explains. Apply a thin layer of a retinol treatment three to four nights a week (two if your skin is sensitive), "then follow with a lotion that contains ingredients like oatmeal, macadamia seed oil, or shea butter to prevent dryness," says Somerville. Her own Kate Somerville DermalQuench + Retinol Advanced Firming Treatment ($98) balances retinol with moisturizers; so does Neutrogena Rapid Wrinkle Repair Night Moisturizer (right, $20.99).




**DAB EYE CREAM AROUND YOUR EYES *AND* LIPS** One with collagen-boosting peptides keeps the thin skin in these areas soft and smooth. For your lips, "buff them with a gentle jojoba bead scrub"—such as Garnier Clean + Invigorating Daily Scrub ($7.99)—"then pat the eye cream above your upper lip, which helps treat and prevent lines there," says Somerville. Try Olay Regenerist Eye Lifting Serum ($22.99).

**DON'T STOP EXFOLIATING** "Clients say to me, 'I don't exfoliate in the winter because it'll dry out my skin.' But dry skin *is* a buildup of dead cells, so unless you remove all of that first, your lotion can't penetrate as well," says Somerville. She recommends using an exfoliator with enzymes like papaya or pineapple once a week. A nice one is Peter Thomas Roth FirmX Peeling Gel ($48). ®

PRODUCT SPILLS: STUDIO D.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.




It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease:**

- **Dryness/itching**
- **Burning/stinging**
- **Feeling like something is in your eye**
- **Sensitivity to light**
- **Blurry vision**
- **Problems wearing contact lenses**
- **Watering eyes**

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.





# TAKE ACTION NOW

- **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.

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My DRY EYES

# Makeup that goes all day

We tested the claims of the latest long-wear cosmetics to find out just how many hours they hold up. These seven standouts delivered (and then delivered some more).

BY MARISSA OLIVA

**24 HOURS**
**L'Oréal Paris Infallible Pro-Last Lip Color (shown in Infallible Red), $12.99 (25 readers will win one; see page 157 for details)**
"I wore this to a friend's wedding, swiping on the stain followed by the clear sealing balm. The color stayed fresh and vivid into the wee hours, then left behind a pretty tint that lasted into the next day."
*—Sarah Gerrish, fashion market director*

**12 HOURS**
**Neutrogena Nourishing Long Wear Eye Shadow + Built-In Primer (shown in Soft Taupe), $9.99**
"Usually my morning eye makeup wears off by 6 p.m. But these silky shadows endured a long day of work, a game of volleyball, and *then* a night out. And they didn't crease."
*—Natalie van der Meer, senior associate editor*

**16 HOURS**
**Too Faced Endless Summer 16 Hour Long-Wear Bronzer, $30**
"I dusted the slightly shimmery powder on my forehead, cheeks, and nose before breakfast, and my skin looked warm and glowy all the way up until I washed my face at bedtime—without reapplying."
*—Allison Berry, assistant editor*

**24 HOURS**
**Lancôme Drama Liqui-Pencil (shown in Minuit), $23**
"I'm a constant eye rubber, so I was impressed that a pencil this creamy didn't smudge or smear one bit—even when I went to bed with it still on!"
*—Cathy Garrard, research director*

**25 HOURS**
**Rimmel London Lasting Finish 25HR Foundation with Comfort Serum, $7.99**
"Some foundations make my sensitive skin tight and flaky, but this serum-based formula kept it soft and radiant all day and night. Plus, it helped the blush and concealer I applied on top last longer."
*—Diane Oatis, copy chief*

**12 HOURS**
**Maybelline New York SuperStay Better Skin Concealer+Corrector, $8.99**
"This liquid concealer did a really nice job of hiding my dark circles and didn't fade throughout the day, even after I biked to and from work. I fell asleep with it on, and it was *still* there in the morning."
*—Lauren Spencer, assistant managing editor*

**8 HOURS (BUT IT LASTED DOUBLE THAT!)**
**Urban Decay Afterglow Blush (shown in Quickie), $26**
"I swept on this bright-but-sheer blush at 8 a.m. before leaving my house for the day. When I finally got home at midnight, I was amazed that the color looked as healthy and vibrant as when I'd first applied it."
*—Molly Klinefelter, copy editor*

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

STYLIST: NICOLE SOFER AT CORNELIA ADAMS.



PHOTOGRAPHED BY David Prince

## Hot Cocoa to Go With COMFORT CUP® BY CHINET®

Team Red Contributors and Lolly Jane bloggers Kelli Mullins and Kristi Jansen share their easy, stylish steps for pulling together an adorable hot chocolate bar for your guests this holiday season.

1. Grab a tray to hold all the pretty fixings—Comfort Cup insulated cups, whipped cream, and a glass jar of paper straws.

2. Add a handful of hot chocolate packets, a pile of polka-dotted napkins, and some simple winter decor.

3. Get creative! Chocolate-dipped marshmallows make pretty stirrers.

4. Other yummy toppings include peppermint, caramel syrup, or sprinkles.

Visit **lollyjane.com** for more great ideas plus free backdrop printables to make your own hot chocolate bar at home.




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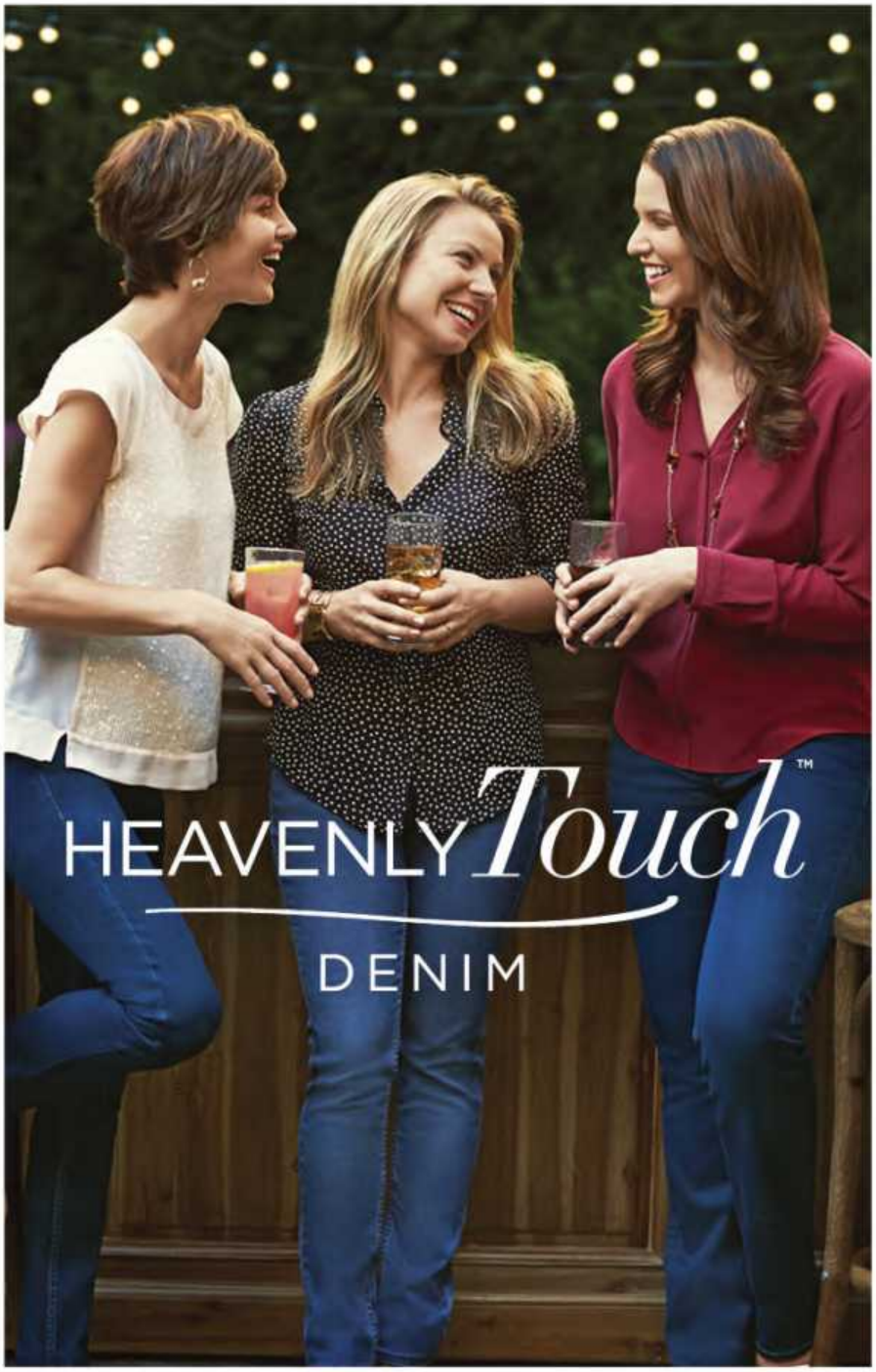
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# 4 fresh & fun beauty updates

Beauty director **Victoria Kirby** has all the deets on getting lush hair, sparkling eyes, and some truly inspiring nailcolors that *you* helped create.




win IT!

## These pretty polishes are a tribute to you

BACK IN SEPTEMBER, the folks at Zoya nailcolor and I asked you to name three of their loveliest holiday polishes after a remarkable girl or woman in your life—and we were blown away by all your *amazing* submissions. It wasn't easy to narrow it down, but here are the three winners and the touching stories behind them.

**MARJORIE (far left)** "This is in memory of my mom. During the last months of her life, she'd get her nails done every week, and I'd pick out the shade. I usually chose something subtle, but at her last mani, we decided that the *next* week we'd try a more adventurous color. Sadly, we never got the chance, but this is just the sort of purple she would have loved." *—Diane M. Gooding, Conyngham, PA*

**RENEE (middle)** "I volunteer at a fire department, and when I saw this fire-engine-red shade, I wanted to honor our captain, Renee, who dedicates her life to assisting others. She started a crisis response team in our town that now has more than 100 volunteers who offer emotional support and basic necessities to those affected by fires and other tragedies." *—Lynn Borg, Peoria, AZ*

**CINDY (right)** "For Cindy, an amazing woman who has a true heart of gold. Three years ago she lost her 5-year-old son Ty to a rare form of cancer. I've watched her turn her grief into a source of inspiration by founding the Ty Louis Campbell Foundation, a nonprofit that funds research for pediatric cancers." *—Karen Wolf, Pawling, NY*

100 readers will win the Zoya & REDBOOK Limited Edition Holiday Collection, $27. See page 157 for details.

CHRISTOPHER COPPOLA/STUDIO D. HAIR MODEL: JAAN-ERIC FISCHER/FOLIO-ID. SILVER EYESHADOW: CHRIS ECKERT/STUDIO D. KIRBY: J. RYAN ROBERTS/STUDIO D.

**FORGET THE FACE-LIFT: FOCUS ON YOUR CHIN!** So says the brilliant dermatologist Ellen Marmur, M.D., founder of Marmur Medical in New York City. She explains that injecting a touch of a filler like Juvéderm into your chin gives your entire face a lift. "It elongates it slightly, which helps reflect light up onto your face, balances your features so your eyes and lips stand out, and deflects from an aging neck." No knife? Sounds good to me.

## There's a trick to using hair oil

It comes from hairstylist Andre Walker, who tends to Oprah's curls (clearly the guy knows his stuff). "Women, especially those with textured hair, often rub oil on their ends when they feel dry," he told me. "But hair oils don't moisturize—you need to apply a leave-in conditioning cream on your ends first, *then* dab oil on top to seal in the moisture." His Beautiful Curls Crème delivers the nourishing goods.



Andre Walker Gold System Beautiful Curls Styling Crème, $15.99.

## The cure for makeup clutter!

My New Year's beauty resolution: Pare back my makeup to the things I'll actually *wear*. Which is the best excuse to get this new shadow and blush kit from Bobbi Brown, who made sure every soft, elegant shade works on all skin tones in any combination. Try her favorite evening eye look: "Dab Cement Sparkle on your lids, work Lilac Haze into the crease, then use Steel to define your lash line."



Bobbi Brown Deluxe Cheek & Eye Palette, $85.



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**Help more students like Katherine.**

Go to **CommunitiesInSchools.org/Katherine**

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Communities In Schools

red STYLE

PHOTOGRAPHED BY David Prince



Clockwise from top: Dirty Laundry, $69.99; chineselaundry.com (available December 15). $140; sorel.com. Rockport, $165; vonmaur.com. $159; llbean.com. $130; timberland.com.

PROP STYLIST: NICOLE SOFER AT CORNELIA ADAMS.

# Cutest snow boots ever!

Bring it on, Mother Nature, *please*. These stylish updates on the utilitarian weather-proof boot will get you through sleet, slush, or Snowmageddon IV in the most adorable way. And with features like extra insulation, moisture-wicking fabric, and contoured soles, you'll be drier, warmer, and comfier than ever... to boot. (Sorry.)



# Find your dream LBD

*We asked six groups of friends with all different styles, shapes, and sizes to model this season's best little black dresses. At least one of these picks is* your *new flattering hero.*

PHOTOGRAPHED BY GARY LUPTON

**THE BEST BUDDIES**
From left:

*Grace Drylewski, 28*
"I like a good shift," says Grace, and jacquard fabric makes this one fancy. Straps wide enough to cover your bra make it a winner for busty ladies.
**DRESS** Luxe by Carmen Marc Valvo for Dressbar, $68 (sizes 4 to 16), $76 (sizes 14 to 24). **EARRINGS** Sterling Forever, $19 **(25% off with code REDBOOK25).** **BANGLES** Charming Charlie, $13 and $10 **(15% off with code REDBOOK15).** **HEELS** Lauren Ralph Lauren, $165.

*Kate Powell, 31*
Layering a button-down under this strapless "turned a pretty dress into a 'look,'" says Kate, *and* added curves.
**DRESS** Lulu's, $97 **(20% off with code RB20).** **EARRINGS** Aldo, $30. **SHIRT** Everlane, $50. **HEELS** Blue by Betsey Johnson, $159.

*Johanna Stieg, 31*
Playful ruffles can also be practical: These build up a smaller chest and draw attention to great arms.
**DRESS** Finders Keepers, $150. **HEELS** Nina, $89.

STUDIO D.

**THE SORORITY SISTERS**

From left:

*Jennifer Irish, 32*

Jennifer likes to show off her hourglass figure. The beauty of this illusion lace dress is how it plays *down* your thighs.

**DRESS** Katherine Kelly, $169.

*Brandi McAlister, 31*

"The belt accentuated my waist," notes Brandi. Any eye-catching one on a cinched dress will do the same, but this one is just darling.

**DRESS** Mossimo, $29.99. **EARRINGS** Kiss My Jewels, $17. **BELT** Bebe, $44.



## THE STYLE BLOGGERS

From left:

*Meaghan O'Connor, 31*

Modern updates like angled panels and scuba material make the favorite fit-and-flare more flattering than ever.

**DRESS** Fashion to Figure, $48.90 **(25% off with code RED11).** Sizes 12 to 24.
**NECKLACE** Charming Charlie, $25 **(15% off with code REDBOOK15).**
**HEELS** Kristin Cavallari by Chinese Laundry, $149.

*Beck Delude, 25*

A high empire waist distracts from your middle, plus "this skimmed away from my tummy and was a *great* length," says statuesque Beck (she's 6-foot-3!).

**DRESS** Kiyonna Clothing, $158. Sizes 10 to 32.
**HEELS** J. Renee, $110.





**THE COUSINS**
From left:

*Jeanie Kanaley, 47*

This elegant A-line is the perfect hostess dress: "It's really comfy. I can see throwing an apron over it to do last-minute party prep," says Jeanie.

**DRESS** Gap, $79.95.
**NECKLACE** Talbots, $79.50.

*Kim Argetsinger, 34*

The ideal sparkly dress for petite frames (Kim is 5-foot-2), thanks to bands of plain fabric that keep it from being overwhelming.

**DRESS** Vince Camuto, $168.
**EARRINGS** R.J. Graziano, $85.

**THE COWORKERS**

From left:

*Rachel Shim, 34*

A saucy flared-hem trumpet style balances out Rachel's gorgeously curvy top half.

**DRESS** Lela Rose for Lane Bryant, $108. Sizes 14/16 to 26/28. **BROOCH** Oasis, $17. **HEELS** J.Crew, $278.

*Jennifer Nast, 34*

A little daring but great on anyone and aces for pear shapes, thanks to the hip-friendly A-line skirt.

**DRESS** Bebe, $249. **EARRINGS** Shop Jewel Envy, $18. **BRA** American Apparel, $14. **HEELS** Guess, $99.

*Mia Santiago, 35*

Mia's one must-have: arm coverage. These lacy long sleeves keep her look modern, not matronly.

**DRESS** Monif C., $88 **(20% off with code REDBOOK20)**. Sizes 14 to 24. **HEELS** Nine West, $89.





**THE INSEPARABLE SISTERS**

From left:

*Tessa Cunillera, 45*

Whether you're 40, 60, or 80—if you have the legs for a mini, *go* for it. A more covered top like Tessa's will keep you appropriately demure.

**DRESS** Zara, $99.90. **EARRINGS** Roberta Chiarella, $98. **CLUTCH** Merona, $24.99. **HEELS** My Delicious, $28 **(20% off with code RB20)**.

*Berta Prevosti, 52*

Berta loves a wrap dress… don't we all?! This matte sequin version is a glamorous, slimming crowd-pleaser.

**DRESS** Banana Republic, $198. **EARRINGS** Make Me Chic, $6.60. **BROOCH** Oasis, $17. **HEELS** Windsor, $30.90.

Discounts are valid from November 12, 2015, through January 4, 2016, and do not include taxes or shipping.

**FASHION DIRECTOR**
Jennifer Hitzges
**HAIR**
Anja Grassegger for Oribe Haircare at Ray Brown, Bennett Grey at Artists by Timothy Priano, Tyler Laswell for TRESemmé at Ray Brown
**MAKEUP**
Joy Fennell at Cloutier Remix, Carlo Longo for Dior Beauty at BA-reps, Rachel Wood at Artists by Timothy Priano
**MANICURES**
Isadora Rios at Artists by Timothy Priano, Rachel Shim at Artists by Timothy Priano

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

REAL-WOMAN STYLE CRUSH

# The formula for cute winter style

Our takeaway from binge-scrolling Caitlin Lindquist's blog, Dash of Darling? That classics with updated details make all the difference. Use her ideas to look *this* snappy.



**Pick a theme**

"A chic way to do any holiday color scheme is to make one your big pop and the other a small accent."

**Nab a perfect party skirt**

"Full ones that hit right below the knee have a touch of drama, and are flattering on *everyone*."



**Add a tomboy touch**

"Rugged booties balance the sweetness of this skirt and make it wearable for slushy days but still flirty enough for date night."

**Try bold tights**

"Deep jewel-tone tights give energy to an outfit without being overwhelming."



**Get printed layers**

"Mixing buffalo checks with Fair Isle is adorable. But even over a solid sweater, this vest *never* looks boring."

**Blend trendy and timeless**

"The quilting on my over-the-knee boots means they won't look out of date even when the height isn't trendy anymore."

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# Your party outfit planner

The same basic combination dressed up a little, then a little more—then *a lot*—will take you from a casual open house to a festive brunch to the swankiest cocktail soiree. The fun starts here.



**NECKLACE** $59.95; solesociety.com.

**BELT** $44; garnethill.com. Sizes XS to XL.



COMES IN *plus*



**CUFF** $75; rjgraziano.com.

**1** **Start with dark skinnies and a tailored white button-down,** as polished as a casual outfit can be. Slip into fun metallic flats and the combo is already festive enough for low-key celebrations like the annual cookie swap.



**The basics**
**SHIRT** Apt. 9, $36; kohls.com. Sizes XS to XXL. **JEANS** $59; landsend.com. **WATCH** Armitron, $50; amazon.com. **LOAFERS** $49.90; zara.com.

**2** **Pile on sparkly accessories.** Spaced out so each has breathing room, statement pieces play nicely. Tuck in your top for a crisp look; a gold belt adds more gleam. A swipe of bold red lipstick is the last step in your glam-under-five plan.





PHOTOGRAPHED BY Lauren Perlstein





**CLUTCH**
$39; lulus.com
**(20% off with code RB20)**.



**PUMPS**
Ivanka Trump, $150; zappos.com.

**SHELL**
$99; vincecamuto.com.



**3** **Go gleamy head-to-toe.** Stick to pieces with clean lines, unfussy details, and mellow sheen—not in-your-face glitter. The metallic shell is a modern (and very flattering) layer, while the clutch and heels have that sweet retro-ladylike vibe.



**BLAZER**
$129 (sizes 2 to 20), $149 (sizes 12W to 24W); talbots.com.

COMES IN *plus*



**4** **Add a bright velvet pop.** Nothing telegraphs *I am dressed to the nines for the holidays* like velvet. Brighter than the traditional deep scarlet, this raspberry jacket is nipped and narrow enough to show off your shape, even though you're toastily layered up.

STUDIO D. HAIR AND MAKEUP: DINA CALABRO AT BA-REPS.COM. STILLS: RICHARD MAJCHRZAK/STUDIO D. STYLIST: CLAIRE TEDALDI AT HALLEY RESOURCES.

Discount is valid from November 12, 2015, through January 4, 2016, and does not include taxes or shipping.

# 5 gifts that give back

## HONOR HER SPARKLY PERSONALITY

Whoever gets this agate charm on a 14-karat-gold chain will never want to take it off... and because it's earthy enough for day and glam enough for night, she'll never have to. The full sale price will benefit the nonprofit Village of Hope School, Haiti, which provides schooling, meals, and health care to 640 students ages 3 to 18.

Necklace, $140; twenty-2jewelry.com.



## MAKE HIM THINK HE'S JAMES BOND

Every time the lucky recipient wears these snazzy cuff links he'll feel dressed to kill—and like he could save a life. For each pair sold, one of Same Sky's artisans, most of whom are HIV-positive survivors of the Rwandan genocide, will receive six weeks of clean water. They also are paid 15 to 20 times the going wage in Sub-Saharan Africa. Which makes the price tag on these feel cheap, no?

Cuff links, $95; samesky.com.



## A bag full of money... **for others!**

Twenty percent of the proceeds from this adorable bag—a crossbody that doubles as a clutch (just tuck in the strap)—will be donated to the Robin Hood Foundation to fight poverty in New York City. Put a dollar inside before gifting it to your bag-loving sister and, according to old wives' tales, her purse will always be filled with money.

Bag, Danielle Nicole, $58; macys.com.



## HIS NEW FAVORITE BUTTON-DOWN

**If we've learned anything from the food processors, gym memberships, and various other unromantic gifts we've collectively received, it's that men are into gifts that are *useful*. So he's got to love this handsome gray-and-red tattersall shirt that's both work-perfect and has 100 percent of each sale going to CURE Childhood Cancer to fund research and support patients and their families.**

Cure Childhood Cancer button-down, $98.50; onwardreserve.com.

## SMART BRACELETS TO BENEFIT **SMART GIRLS**

Brighten your BFF's wrist and a child's future at the same time. Not only are the pieces in Rosena Sammi's "Who's Sari Now?" collection made from gorgeous upcycled saris (the planet gives thanks), but all of the proceeds from your purchase will go to the charity Apne Aap to educate girls rescued from the sex trade in India.

Bangles, $49.99 for set of 6; rosenasammi.com.



RICHARD MAJCHRZAK/STUDIO D. STYLIST: CLAIRE TEDALDI AT HALLEY RESOURCES.



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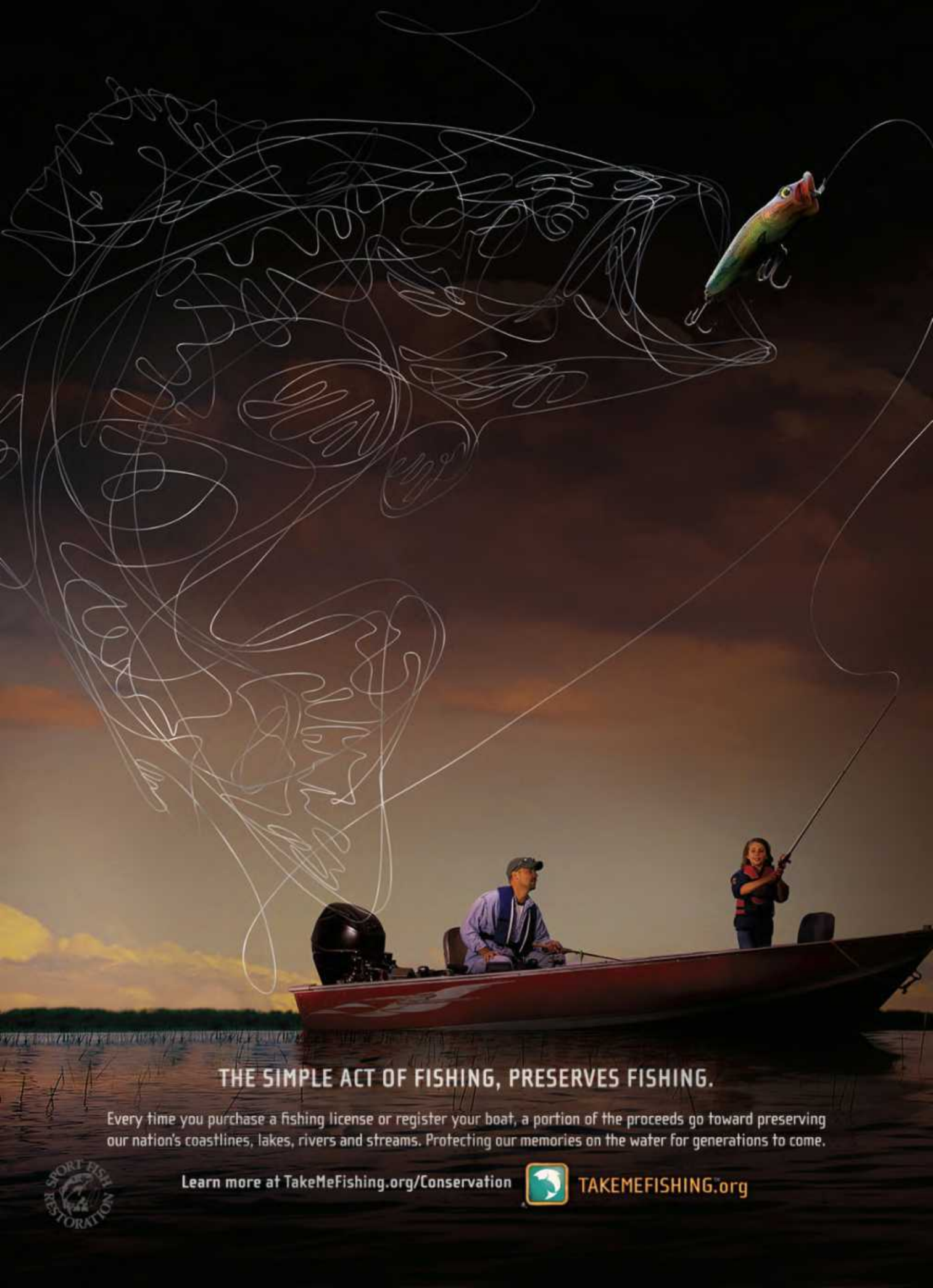
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red BODY

PHOTOGRAPHED BY The Voorhes



# When it's smart to have sugar

Sugar-free! Low-calorie! Hold up: Those "virtuous" desserts may not be weight-loss miracles. The latest research suggests that, unlike real sugar—which is broken down during digestion, triggering sensors in the brain that tell you you're getting full—artificial sweeteners could cause you to overindulge. "They're not metabolized, so they can't satisfy your body's energy needs," says study author Monica Dus, Ph.D., a neurobiologist at the University of Michigan. So when you're craving sugar, consider eating the real stuff—in moderation, of course.

# What doctors tell their friends about the flu

Because hiding at home all winter just isn't an option, we asked some of the country's best flu doctors for their stay-well secrets. This is the year you don't get sick.

BY LISA MULCAHY

## LAST YEAR'S OUTBREAK WAS A TOTAL FLUKE

"A lot of people have asked me whether getting the flu vaccine this year is even worth it, since last year's shot wasn't that effective. I always tell them that what happened in 2014 was *very* rare. Each time we make the vaccine, we follow the same process: We track the strains of flu that circulated the previous year and the ones that have already started to circulate in the current year. Based on that data, we decide which strains are most likely to spread later on, during flu season, and manufacture the vaccine to fight those specifically. We get this right most of the time, but last year the virus started to 'drift,' or change, as time went on—which only happens a small percentage of the time. The good news: We feel confident that this year's vaccine will work, so if you haven't gotten your shot yet, do it as soon as possible. You'll have protection within two weeks of getting the vaccine. Make sure your kids get immunized too. The flu nasal spray is as effective for them as the shot, by the way, and perfectly safe as long as they're 2 years of age or older. In younger children, it can trigger wheezing." *—Anthony S. Fauci, M.D., director of the National Institute of Allergy and Infectious Diseases, National Institutes of Health in Bethesda, MD*

## TAMIFLU ONLY SEEMS LIKE AN EASY FIX

"There's a reason we focus so much on flu *prevention*. Yes, Tamiflu can shorten your symptoms if you do get sick, but chances are, your doctor won't offer it to you. Young, healthy people are less likely to have complications from flu, so we save Tamiflu for patients who are really at risk. So unless you have an immune disorder or are pregnant, for example, you'll likely not be given Tamiflu until you are very, very sick—hospitalized, even. I know a man in his 70s who caught the flu several years ago. He probably would have been a good candidate simply based on his age, and when he ended up in the hospital, it became clear that he needed treatment. In most cases, though, your doctor will tell you to tough it out—sleep as much as you can, and drink plenty of fluids." *—Rathel L. Nolan, M.D., infectious disease specialist at the University of Mississippi Medical Center in Jackson*

## THE GERMIEST SPOT IN THE OFFICE IS THE COFFEEPOT

"A friend once told me, 'I'm not worried about catching the flu because I'm healthy and in decent shape.' I replied, 'You still hang out with *people*, don't you?' Flu can spread like wildfire in your workplace, for example. Any surface that's touched by multiple people throughout the day can harbor the virus, so you want to watch out for things like the office coffeepot, doorknobs, and the watercooler. Don't rub your eyes, nose, or mouth after touching any of those things, or you could get infected. Wash your hands as soon as you can, *before* you get back to work." *—Minesh Khatri, M.D., nephrologist and internist at Columbia University's New York-Presbyterian Hospital in New York City*

## STAY HYDRATED, INSIDE AND OUT

"A lot of my friends use a humidifier to help relieve symptoms and even prevent flu, and that's good: Keeping your mucous membranes moist will help you feel less congested, and some research suggests that a humidifier may prevent flu from spreading, since the virus thrives in dry conditions. (Your home's humidity should be higher than 40 percent, so set your humidifier on the highest level.) But just keeping the air moist is not enough, and here's why: Inside your nose and throat, you have tiny hairs called cilia. The job of these hairs is to 'beat back' viruses so they don't enter your body—they're constantly moving, like seaweed swaying in the ocean. Cilia work best when they're moist, and nothing is better at hydrating your entire system than consuming water. To keep cilia hydrated sufficiently,



TRUNK ARCHIVE.



PHOTOGRAPHED BY Yasu & Junko

divide your weight in half and get that many ounces of water per day. So if you weigh 128 pounds, that's 64 ounces of water (or roughly eight glasses), which you can get by drinking it or eating hydrating foods like fruit and broth." *—Yvonne Maldonado, M.D., professor of pediatrics, infectious diseases, and health research and policy at Stanford University School of Medicine in Palo Alto, CA*

> "There's a reason we focus so much on flu *prevention*."

## IT'S YOUR JOB TO KEEP EVERYONE ELSE WELL TOO

"Recently, I had to battle it out with my brother over whether or not he should get the flu shot. He lives with our parents, and since flu can be deadly to the elderly, we have to do everything we can to protect them. I convinced him, thankfully. But even if you get the vaccine, you can still catch the flu—though, luckily, your symptoms will probably be less severe—so it's important to know how to prevent it from spreading. First rule: Stay home as long as you can. You're usually most contagious within the first several days of symptoms, and you never know if your neighbors and coworkers have people at home who are high-risk, like my parents. When you do venture out, try to keep at least three to six feet between you and anyone else until your symptoms subside. Still have to care for your family? That's okay. Just make sure you cover your cough, wash your hands frequently or use an alcohol-based hand sanitizer, and scrub any surfaces you touch." *—Eden V. Wells, M.D., associate clinical professor of epidemiology at the University of Michigan School of Public Health in Ann Arbor*

## STOP REPLACING EVERYTHING YOU OWN

"I've known women who honestly thought they had to run out and buy not only a new toothbrush but even new *makeup* after they had the flu, so they wouldn't get sick twice. That's crazy! You can't 'reinfect' yourself with a virus once you're better. Once you catch a particular strain of flu, you become naturally immune to it for the rest of that flu season. Sure, you could catch another, entirely different strain, especially if you didn't get the flu shot, but not from your cosmetics. So save your money and use the time you would have spent shopping disinfecting the rest of the house so no one else gets sick. Good old soap and water is all you need to kill the residual germs. Wash your sheets right away too, if you share a bed: The virus doesn't survive as long on fabric as it does on hard surfaces, but it can't hurt." *—Minesh Khatri, M.D.*

## TEACH YOUR KIDS THE "SUPERHERO" TRICK

"A friend told me about a strategy she used to teach her kids not to spread—or catch—the flu, and I now share it with every mom I know. She calls it the 'superhero' trick: Tell your child to pretend she's a superhero wearing a cape. Then, anytime she sees a friend coughing or sneezing or feels one coming on herself, teach her to 'sweep' her cape toward her, so her face is pressed into her elbow. It's the classic cover-your-cough position, but in a clever new way." *—Eden V. Wells, M.D.*

## THE FLU SHOT WILL PROTECT YOUR HEART, TOO

"Most of my friends have no idea about an important bonus of the flu vaccine: It cuts your risk of heart attack and stroke for the full year that it's in your system. How? By preventing you from coming down with the flu in the first place. When you catch the flu, your body produces inflammation to attack the virus. Sounds good, but sometimes *too much* inflammation builds up, making your blood vessels unstable, which can trigger an event like a heart attack or stroke. It's not the only reason to get the flu shot, but it should make your decision easier. And of course, you should always take symptoms of heart attack and stroke seriously, whether you've had the flu recently or not." *—Rathel L. Nolan, M.D.*

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# Health habits you must make time for



Squeeze in these easy little moves—no matter how crazy-busy your day becomes—and you could add years to your life. You know, so you can check off everything *else* on your to-do list. BY JUNO DEMELO

### Pack a snack

"You're bound to overeat at dinner if you don't have a midafternoon snack," says registered dietitian Keri Gans, author of *The Small Change Diet*. "And since food is energy, if you skip it, you'll be tired, too." She recommends preportioned options, like a healthy snack bar. (Look for one with fewer than 200 calories and at least 3 grams of fiber and 5 grams of protein.) That way you don't have to test your willpower a quarter of the way through a bag of chips.

### Brew some tea

People who drink two to three cups a day of green tea are nearly 15 percent less likely to suffer a stroke, research in the *Journal of the American Heart Association* shows. One explanation: "Green tea contains antioxidants that keep your blood platelets flowing by making your arteries less sticky," says Penny Kris-Etherton, Ph.D., a distinguished professor of nutrition at Penn State University and chair of the AHA's nutrition committee.

### Get a little fresh air

Spending time in nature can actually decrease blood flow to a part of the brain you use to dwell on things, a Stanford University study suggests. Scientists can't yet explain the neurological effects of nature, but we'll say this: There's nothing quite like a breathtaking view to remind you of the bigger picture (or just help you get away from whoever's bugging you). So throw on your coat, head out for a few minutes, and let that winter air blast away your worries.

### Set your alarm

Waking to the sound of your favorite workout music may be the extra push you need to get up and get moving, says Alison Phillips, Ph.D., director of the Healthy Habits Lab at Iowa State University. When you're exercising regularly, your usual playlist can become a cue to move: "You hear it and you immediately want to work out," she says. Get Nightstand Central for the iPhone or Gentle Alarm for Android and then set it to your get-fit anthem.



### Water your plants

Experts have known for a while now that houseplants absorb air pollutants that can cause headaches, nausea, and fatigue. But they may also boost your productivity by 15 percent, a European study suggests. And yeah, they can only do all that stuff if they're alive. Keep yours going by giving them a good soak whenever the top inch of soil feels dry, advises Weston Miller, an associate professor of consumer horticulture at Oregon State University.

### Stretch

"In today's digital world, poor posture is inevitable," says Jimmy Minardi, a yoga instructor in New York City. To loosen stiff back muscles and engage your core, when you're sitting: Grab the back of your chair with your right hand and the arm of your chair with your left, then gently twist your torso to the right, and repeat on the other side. The payoff: People who sit up straight are more physically resilient than those who slump, a report in *Health Psychology* shows.

### Say thanks

Gratitude is associated with greater happiness, so jot down something you're thankful for every day. Stressed? "Remember, you wouldn't fret over stuff that didn't matter to you," says Kelly McGonigal, Ph.D., author of *The Upside of Stress*. Which means you can even choose to be grateful for those stress-inducers. Say you are caring for an aging parent: It's hard... but it's also a chance to strengthen your relationship. Go on a hunt for *your* silver lining!

### Go to bed the *right* way

Lie on your side, bend your knees, and put a pillow between them. "Sleeping in this position can take strain off your lower back," says Holly Phillips, M.D., author of *The Exhaustion Breakthrough*. And it may also help remove proteins from the brain—the buildup of which can contribute to the development of Alzheimer's disease—by improving circulation in the head and neck, research shows. All of that while you were *sleeping*. Amazing.

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PHOTOGRAPHED BY Dan Saelinger




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# "A medical crisis led me to my best friend"

We know what these six women are grateful for this holiday season: their good health, and the women who helped them get there.

BY LESLIE GOLDMAN



## THE HEART SISTERS

*Niki Glass (left), 38, Aurora, IL, and Karen Tompkins, 53, Hazel Crest, IL*

Try to imagine that your heart is working at just 12 percent of its capacity, you're trapped in a hospital away from your family, and the thing that will save you—an entirely new heart—will only come your way if someone with a healthy one dies. Then imagine spending most of those long, fraught days waiting alone. Terrifying, right? What you'd need: a friend who *truly* gets what you're going through.

Niki Glass and Karen Tompkins had considered themselves healthy—Karen, a mom of four (ages 16 through 31), even walked eight miles every day. But the day Niki's three kids, ages 17, 13, and 11, started school last year, she began feeling short of breath. "I sent them off, went to the hospital, and never came home," she says. Her heart failing, she was admitted to Chicago's Northwestern Memorial Hospital and placed on the transplant list. "My kids would call me every day before school. I couldn't cry—I had to keep it together—but I wasn't there to help them," says Niki, who also has four stepkids. Three months later, Karen, with the same diagnosis, moved to the cardiac floor. It was a dark time: "I had to spend Thanksgiving in the hospital," she says.

As the lonely days wore on, the nurses urged the two to get together. "We were both event planners, we both have lots of kids, we both love *Empire*," Karen says. But Niki was reluctant: "I'd been on the transplant list for months and had seen people come and go. I didn't want to get attached."

But when they finally did meet, Niki felt an instant connection. They started walking the corridors to stave off the blood clots that can form during bed rest and shuffled down to the hospital lobby for ice cream, wearing masks and pulling their IV drips. "The cardiac floor can be depressing. But when we were together, we were just two friends going out," Niki says. And more: "We shared our fears." Karen adds, "Waiting for a heart feels like a death sentence. Plus, someone has to die for you to live, so you have to deal with the mental gymnastics of *that*." They supported each other as they were forced to miss out on life's little joyful moments: As Niki's son got ready for his homecoming dance, they followed along on her iPad. When Karen's fourth grandchild was born, she watched on FaceTime and celebrated with Niki.

Karen was matched with a heart before the end of the year. She immediately went to Niki's room in tears. "I don't know how to tell you this," she told her. "I love you so much. I don't want to leave you." But Niki felt only happiness. "I said, 'The heart that's made for you wasn't made for me,'" she remembers. When complications brought Karen back to the hospital, Niki sat vigil at her bedside—which is where her doctor came looking for her with big news: There was a heart for her too. "I jumped out of my bed, all these tubes still in me, and started screaming, 'Niki got a heart!'" Karen says.

By Valentine's Day, they were both home with their families. They talk constantly, and schedule their monthly checkups for the same day so they can catch up in person. When Niki got a job as a school lunchroom supervisor, Karen was one of the first people she called. Niki knew who would get how life-affirming it was to baby-step back into the workforce. And Karen did: "She's my girl," she says. "She's my heart sister." ➤

LISA WISEMAN.



The Hendersons helped create *two* families.



The Gassmans with their kids, adopted as embryos.

# AN EXTENDED FAMILY

***Kelli Gassman, 49, Salem, OR, and Rebecca Henderson, 42, Tonawanda, NY***

KELLI GASSMAN ALWAYS KNEW that when she had children, they'd be doted on by her little sister, Ericka. "If there was ever a baby in a room, Ericka was holding it. She was just that person," she says. Neither one of the siblings got the future she had planned on: Kelli struggled with infertility, and Ericka, at age 37, was diagnosed with breast cancer. "It was a hard time in my life," says Kelli. "I was doubly grieving, seeing my sister get closer to her passing and knowing that the possibility of children seemed to be ebbing away for me."

Across the country, Rebecca Henderson had also grappled with infertility. After 11 torturous years of trying, she had finally given birth to twins, Abigail and Rachele, through IVF. She and her husband, Chris, had 11 embryos left over, but after Rebecca's difficult pregnancy and severe postpartum depression, "there was *no way* we could use the other embryos," she says. The couple didn't believe in destroying them or donating them for research, so they turned to embryo adoption. It's a phenomenon growing in popularity: A person or couple adopts an embryo; the adoptive mother can actually give birth to her adopted child this way.

"It sounded so sci-fi," Kelli says, but in 2011, it was an option that filled her with hope. She and her husband, Dan, signed on with the agency the Hendersons were using, Nightlight Christian Adoptions' Snowflakes Embryo Adoption program. "I loved that I could experience pregnancy, and I wanted our kids to have a relationship with their genetic family," she says. Rebecca yearned to give another family the joy she'd finally been able to find and to ease their struggles to conceive: "I know what that heartache is like," she says.

As soon as Rebecca and Chris opened up the Gassmans' file to consider them as potential recipients of their embryos, "we knew. We just *knew*," Rebecca says. "We felt the warmth coming off the pages of their story." And when they met in person right before the embryo transfer, Rebecca was even more amazed. "I don't make friends easily," she says. "And yet I felt this strong connection. We were supposed to just have dinner together, and then we ended up going to two more places to keep talking, because we weren't ready to part. I have a best friend from high school and I have my husband, but never before or since have I made a connection like the one I did with Kelli."

A contract transferred rights to all 11 embryos from the Hendersons to the Gassmans (the process cost about $20,000, including agency and fertility clinic fees, but the Hendersons received no money themselves). Then, in January 2012, with the embryo transfer scheduled for just a few months later, Kelli's sister passed away. "The grief was devastating," Kelli says, "but I do believe that my sister and my children passed each other in heaven."

Today, the Gassmans have two children from the Hendersons' embryos: Trevor, 3, and Aubrey, 20 months. And the Hendersons have three children—after the twins, a surprise baby girl, Johanna, was born. For Rebecca, seeing the Gassman kids is complicated, but shot through with joy: "I do feel that instinctual maternal pull of knowing they are genetically mine—there's no way to be human and not feel that," she says. "You know how, as a mom, you can be thinking about a hundred things, but your children are always in your head somehow? That's how it is with Trevor and Aubrey, too. They are always there. But I am *thrilled* they are in the family they are in."

For Kelli, "It hit me, when Ericka died, that I was an only child. I wasn't looking for a replacement sister, but Rebecca has filled that role—for me, as a friend, and for all of us, by giving us aunts and uncles and cousins. It's like being grafted onto a family tree." ➤

FROM TOP: RHEA ANNA; LISA WISEMAN.

# THE BFF DOWN THE BLOCK

***Veronica Weeks (below left), 41, and Becky Keiper, 43, Walford, IA***

Most people knock on their neighbor's door to ask for a cup of emergency flour or to tell them they've left a light on in their car. Veronica Weeks and Becky Keiper are not ordinary neighbors, not since the day Veronica showed up on Becky's front porch with a razor in her hand and asked if she'd shave her armpits.

It did make *some* sense: Becky is a surgical nurse, and Veronica also needed help removing some surgical adhesive from her left breast. She'd recently had a lumpectomy after being diagnosed with breast cancer, and at home recovering, she'd gotten frustrated by the sticky residue and found herself determined to get her armpits, at least, back where they were before her diagnosis.

"I was on a mission," she says, and was reluctant to have her husband, Josh, give it a try. He'd taken her cancer diagnosis hard. "We heard 'cancer' and the seriousness of it hit us like a truck; we have two kids, a teenage daughter and a younger son. But I decided to treat it like a business and just deal with things," she says. So even though Veronica had only met Becky a few times around the neighborhood, she thought, *Perfect*. She got up and walked over to Becky's house, even though it took her 10 minutes instead of the 90 seconds it takes her now.

"It took guts!" Becky says of Veronica's request. "But as soon as she started talking, I could tell she wasn't going to let a cancer diagnosis take her down." Veronica whipped off her top right in the living room. "It might have been a little awkward if the UPS man had peeked through the window," says Becky, who got to work picking away at the tape. Then, after a particularly tricky bit came off, Veronica yelped in pain and Becky said, "Sorry! Most of my patients are under anesthesia!" That's the real moment, Veronica says, that started their relationship—she needed a little down-to-earth humor in her life right then.

For weeks afterward, as Veronica went through her radiation treatments, Becky was there with her professional insight—and her friendship. "I was more terrified at that time," Veronica says. "That's when I realized that cancer can come back." The two ran errands together and talked, and Becky began bringing over dinner and pitching in at the Weekses' house so Josh could focus on Veronica and the kids. "One day I called Josh at work to say, 'You're not going to believe this, but Becky is mowing our yard.' And we have a *huge* yard," Veronica says. Becky, in turn, was constantly inspired by Veronica's spirit through it all: "She never asked for pity; she just wanted answers and friendship." When Veronica's last radiation session finally arrived, Becky was there with a bottle of champagne.

There were no signs of cancer at Veronica's last mammogram, and now the friends spend their time watching their kids play in the backyard (Becky has three, a 12-year-old son and 10-year-old twin girls) or relaxing at their neighborhood girls' night. They welcome the ordinariness of it, but haven't forgotten what brought them together: They walk in the American Cancer Society's Relay for Life, and Becky has become vigilant about her breast self-exams. Veronica hopes their unexpected neighborly bond inspires others to reach out to the woman living next door. "It amazes me now when people don't get along with neighbors, or do not know them at all. They are missing out on a friend like Becky, the kind of person who would do anything for anyone—not expecting a thank-you or a Facebook shout-out. A *true* friend." ®



It amazes me now when people don't know their neighbors.

AUDREE LARSON/KLIKS PHOTOGRAPHY CEDAR RAPIDS.

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# How you can snack all day (and still lose weight!)

Hungry Girl Lisa Lillien can quash your cravings with exactly two ingredients. Start with one of her favorite versatile bases, add a virtuous topping, then feel great about strolling right on by that gingerbread house.

## 2% COTTAGE CHEESE

**Before the Greek yogurt craze, there was delicious, nutritious cottage cheese. But instead of defaulting to the old-school "diet plate" pairings like fruit salad or tomato slices, step outside the box with...**



**Graham crackers**
Sprinkle them on or dip them in—either way, you've got a cheesecake-like treat.
*(½ cup 2% cottage cheese + 1 sheet graham crackers: 160 cal, 3.5 g fat)*



GF **Low-sugar fruit preserves**
Swirl it in for sweetness; raspberry is my go-to flavor.
*(½ cup 2% cottage cheese + 1 Tbsp preserves: 110 cal, 2 g fat)*



**High-fiber cereal**
This duo of protein plus fiber is a hunger-squashing superstar.
*(½ cup 2% cottage cheese + ¼ cup cereal: 130 cal, 3 g fat)*

## MELBA TOAST

**I'm a fan of the whole-grain varieties (Old London makes good ones), but *any* kind is the perfect blank slate for toppings like...**



**Reduced-fat shredded cheese**
Heat them in the microwave or toaster oven for a cozy snack.
*(3 toasts + ¼ cup shredded 2% cheddar: 145 to 155 cal, 6 to 7.5 g fat)*



**Mashed avocado**
Teeny avocado toast! A sprinkle of salt is a great finishing touch.
*(3 toasts + 2 oz avocado: 150 to 160 cal, 8.5 to 10 g fat)*



**Turkey pepperoni**
It's way lower in fat than regular pepperoni, but it still has that amazing flavor.
*(3 toasts + 9 slices pepperoni: 100 to 110 cal, 2 to 3.5 g fat)*

## HARD-BOILED EGG WHITES

**These are pure protein—with convenient flavor-holding divots in the center! For a filling snack, grab two eggs, pop out the yolks, and add...**



GF **Jarred roasted red peppers**
This snack feels upscale, but it's a snap to assemble.
*(2 egg whites, halved + 1 oz chopped pepper: 45 cal, 0 g fat)*



GF **Black bean & corn salsa**
Regular salsa works too, but the Southwestern kind sneaks in a few extra filling ingredients!
*(2 egg whites, halved + 2 Tbsp salsa: 50 cal, 0 g fat)*

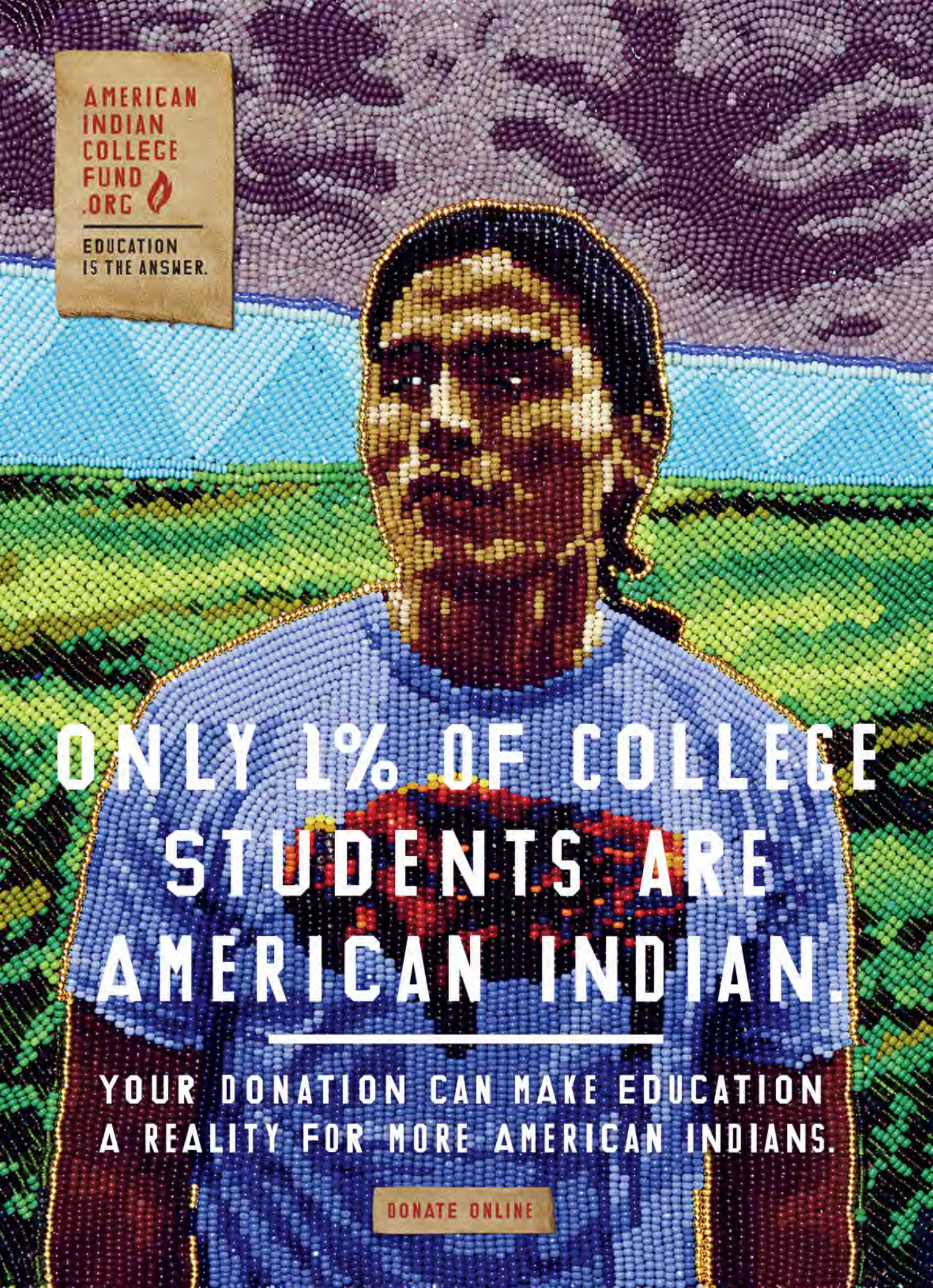


GF **Flavored tuna in a pouch**
This pairing is a double-protein powerhouse. StarKist's Sweet & Spicy is my favorite.
*(2 egg whites, halved + 2.6 oz tuna pouch: 70 cal, 1 g fat)*

**SIGN UP** for Hungry Girl's free email newsletters at hungry-girl.com to get new recipes, tips, and tricks every day.

GF MEANS THIS RECIPE CAN BE PREPARED GLUTEN-FREE, BUT *ALWAYS* CHECK INGREDIENT LABELS.

FOOD STYLIST: KHALIL HYMORE. PROP STYLIST: KIRA CORBIN AT JAMES REPS. LILLIEN: JAY LAWRENCE GOLDMAN.


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BUSY WOMAN'S FITNESS

# One magic move for your legs, butt, and core

Next time you clean your floors, try this tone-it-all exercise from Caitlin Krause, director of instructor recruiting at SLT studio in New York City. Looking good!



**STEP 1** Stand with your feet together and your weight on your right leg, knee slightly bent. Bend forward at your hips, lifting your left leg until your body is parallel to the floor.



**STEP 2** Pull your abs in and squeeze your right glute as you return upright, without letting your left foot touch the floor. Do three sets of 10; repeat on the other side.

## THE ANTI-AGING WORKOUT (YES, IT'S A THING!)

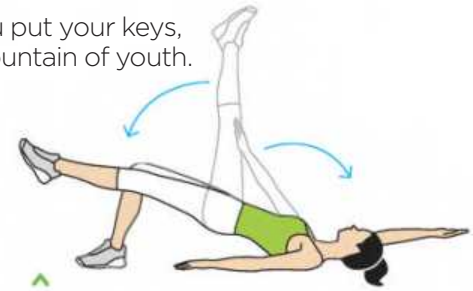
It may not prevent wrinkles or help you remember where the heck you put your keys, but this routine from Krause can give your body a big swig from the fountain of youth.



**FOR STURDY KNEES** Stand on one leg with the other raised in front of you. Spread your arms for balance (or use a chair). Keeping your front leg up, squat down and reach for the back foot with the opposite hand. Do 10 reps; switch sides.



**TO STAND TALLER** Start on all fours, with your abs tight and back straight. Slowly extend one leg behind you and the opposite arm forward, then bring them toward your belly until they touch. Continue for 5 to 10 reps; switch sides.



**FOR A STRONG PELVIC FLOOR** Lie on your back with one leg bent and the other raised, opposite hand on knee. Lift your pelvis, abs engaged. Keeping your hips still, lower the arm and leg, and bring them back. Continue for 10 reps; switch sides.

STUDIO D. HAIR: MIA SANTIAGO. MAKEUP: RACHEL WOOD. STYLIST: KATE POWELL. PROP STYLIST: STEPHANIE HANES. ON MODEL: CLOTHING AND SHOES BY H&M. EARRINGS BY KAROLINE BOLT JEWELRY. NECKLACE BY JESSICA DECARLO. ILLUSTRATIONS: JASON LEE.

PHOTOGRAPHED BY Lauren Perlstein

# 4 food rules you'll *want* to follow

## PLAY GAMES TO SQUASH CRAVINGS

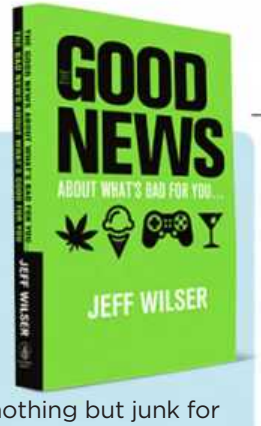
In a small study, people who played Tetris for a few minutes at a time were able to dodge cravings for all sorts of vices, including food. And they were out in the real world—not cooped up in a lab, where being on your best behavior is so much easier. "In order to crave something, you have to be able to visualize it. You'll even imagine how it tastes and smells, for example," says study coauthor Jackie Andrade, Ph.D., a professor of psychology at Plymouth University in the U.K. "We believe gaming blocks that imagery." Get the classic game from the App Store or Google Play, and forget chocolate even exists (for a minute).



## IF YOU DRINK, STOCK UP ON BEETS

There's a reason you regret that last cocktail—a few reasons, in fact. Alcohol can cause you to become dehydrated, and it may also lower your blood sugar, says naturopath Rosemary Ferguson, author of the new book *Juice + Nourish*. Her favorite recovery recipe? Beet juice. It's rehydrating (thanks to potassium) and delivers carbs that can help you reclaim your energy. Juice 1 beet, 2 stalks of celery, and 3 handfuls of spinach, then stir in the juice of half a lemon and, if you have it, 1 tsp of spirulina (for protein). Drink up, and feel better.

## No food guilt allowed




Because at some point you will have the french fries, check out the new book *Good News About What's Bad for You....* Author Jeff Wilser ate nothing but junk for a month, and actually lost 11 pounds. His secret: "I was meticulous about counting calories. If I wanted Oreos, I had three—exactly one serving," Wilser says. "We focus so much on the quality of what we eat, but quantity matters, too." Just don't skip the healthy stuff altogether, because *nutrients*.

## EAT WISELY WHEN YOU'RE BLUE

If these cold, dreary days are bumming you out, try filling up on edamame. It's delicious in hummus and salads, and rich in magnesium, which some research suggests can help you better cope with stress. Soybeans not your thing? Try air-popped popcorn (whole grains have been linked with the production of happy-making serotonin) or rainbow trout (it's cheaper than salmon, and still a good source of mood-boosting omega-3s).

*—Marygrace Taylor*



CLOCKWISE FROM TOP RIGHT: ADAM VOORHES/GALLERY STOCK; BRIAN HAGIWARA/STOCKFOOD; COURTESY OF PUBLISHER; COURTESY OF THE TETRIS CO.

# MOMS DON'T TAKE SICK DAYS.

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PHOTOGRAPHED BY The Voorhes



# Give more and get less stressed

While you totally deserve to spend your free minutes watching baby panda videos, experts say that when you use your downtime to help others, you won't feel as time-strapped and anxious later on. "Doing a good deed brings you joy and makes you feel more productive than relaxing does," says Jenny Santi, author of the new book *The Giving Way to Happiness*. Bringing a sense of meaning and efficiency into our lives: Sounds like a perfect way to end this year and start the next.

# Khloé



**With a hot new body and no fewer than a million projects going at once, Khloé Kardashian is owning who she is like never before. The most beloved Kardashian sister opens up about accepting Caitlyn, her relationship with Lamar, and why niece North calls her KoKo Loco.**

BY KATE SULLIVAN PHOTOGRAPHED BY YU TSAI

**TO SAY A LOT HAS HAPPENED TO KHLOÉ KARDASHIAN** recently is an almost absurd understatement. First, there's the family stuff: The 31-year-old's momager, Kris Jenner, split with her beloved stepfather, Bruce, and then Bruce went from being one of the world's most famous athletes to the world's most famous transgender woman. On their reality show ***Keeping Up With the Kardashians***, cameras caught Khloé's emotional journey to accepting Caitlyn's transformation. Khloé has always been the most down-to-earth and outspoken Kardashian sister, and watching her process the change felt far more powerful and real than a saccharine insta-acceptance would have.

That dust settled. Then Khloé's estranged husband, Lamar Odom, was found unconscious in a Nevada brothel. The two had fallen into a fast-and-fierce love but had separated in 2013, as the former NBA player struggled with substance-abuse problems. Lamar's hospitalization happened just days before this issue went to press, and Khloé—by all reports completely distraught over the man who was, in her words, "the first person I fully gave my love to"—raced to his side.

In this interview, which took place less than two weeks before that sad event, her love for both Caitlyn and Lamar was poignantly clear—but so was her strength and her capacity to do ***so much*** at once. She is in front of the cameras for 12 hours almost every day for television, and has an app that records virtually any move she makes. She's about to release ***Strong Looks Better Naked***, a memoir/guide about what's she's learned in her very busy life so far, and her new talk show, ***Kocktails With Khloé***, is set to debut in December on the FYI network. It's a lot for anyone to manage. But on the day of our talk, in her Calabasas, CA, home, she was barefoot and serene, wearing decoratively torn-up denim shorts that showcased her long, slim legs, the product of workouts with trainer Gunnar Peterson. As she sat at her dining room table, holding an oversize bottle of water, she looked right where she wants to be: comfortably taking the lead in her own life. Listen in.

HAIR: JEN ATKIN AT THE WALL GROUP. MAKEUP: JOYCE BONELLI. MANICURE: TOM BACHIK AT CLOUTIER REMIX FOR L'ORÉAL PARIS. SET DESIGN: ALEX BAIN AT OPUS REPS. DRESS: JILL JILL STUART. SHOES: CHRISTIAN LOUBOUTIN. EARRINGS: SUZANNE KALAN. BRACELETS: KHLOÉ'S OWN.





From left: the Kardashians in the late '80s, with father Robert, who died in 2003 (that's Khloé next to Kris, with the bow in her hair—adorable!); a selfie with Caitlyn; with niece North, Kim, Kendall, and Kourtney this fall.

**Did you ever imagine you would write a self-help book?**
Well, I wouldn't call it a self-help book, per se, but those are the books I tend to read. I'm not a Dr. Phil or a Steve Harvey—I'm not preaching. But I'm very honest that I'm constantly evolving and learning, and this book is about what I've learned so far. And that doesn't mean that in 10 years I'm not going to have that much more knowledge!

**On the other hand, *Kocktails With Khloé* sounds primed for laughs. Will there actually be drinking on the show?**
There will definitely be boozing it up. I am always having friends over to play games—Heads Up, board games, whatever. On talk shows, we all know that guests are hawking something, and I'll definitely touch on the fact that you've got a movie coming out, but I don't want it to be like, "Where were you born?" People can Google *that*. I want fun.

**More personality, less Wikipedia.**
That's my goal. And I'll have four guests at a time who interact, so everyone has to make sense. That's a difficult task.

**How are you doing the app *and* the show *and* the book *and* all of these projects at the same time?**
Trust me, I'm at a little bit of a breaking point. We film 12 hours a day for our TV show. I get up every day at 4:30 a.m. so I can go to the gym, but now I film my workouts for my app. Not everyone lives in Beverly Hills or has the money for trainers, but they can have all the advice I get. I just shot a 10-minute hair tutorial upstairs. I'm learning it from a hairstylist as I'm sitting there, too.

**Your hair is ridiculously awesome. What's your routine?**
Especially now that I'm bleaching my hair, I'm strict about using hair masks, but mine are coconut oil or stuff from the fridge. I try not to wash it all the time, and I don't blow it out all the time, but some hot tool touches my hair almost every day. If my hair's up, it's because it's so dirty that it can't be down.

**How often do you work out?**
Five days a week. Now I'm addicted. When I started, it wasn't about weight loss; I was going through a really hard time and I needed an emotional release. As a side effect, I started losing weight. Then I was like, *Oh, wow, I have a muscle*. Once you start getting in the tabloids claiming you have fake body parts, then it's like, *Okay, I made it. I'm now* really *working out*. Kourtney said yesterday, "I got so happy because someone said I had butt implants." And I was like, "Doesn't it make you feel good?" She's like, "I *really* feel good. I've got to keep it up!"

**That's hilarious. Goal: "Someday a tabloid will think I have butt implants."**
It's awesome.

**Is this the best you've ever felt about your body?**
For sure. I definitely feel like when you work hard for something, it's rewarding. I still eat what I want in moderation. Trust me, if I ate better I could have the craziest body, but I'm like, food, alcohol? I just need it.

**Now that you're on this fitness kick and the app is tracking you 24/7, do you feel pressure to just be thinner, hotter, sexier, all the time? To up the ante constantly?**
I don't feel pressured to be thinner—my weight always fluctuates. Being true to me is important. As long as I've been on TV, everyone has called me fat; I could have broken years ago. *That* wasn't going to make me want to fit someone else's standards. I've done this on my own terms. I don't weigh myself. It's not about a number. [*At this point, Khloé gets a video call from her boyfriend, Houston Rockets player James Harden, who is at training camp in Texas. She asks if he'll be free if she calls him back in a half hour. "For you, I will," he says.*]

**You've been with James since this summer. What does he like about you?**
I don't know. I met him at Kanye's birthday party in June—Kim threw Kanye a surprise party at Staples Center. We hit it off.

**Do you love the beard? That's a serious old-timey coal miner–level beard.**
I've never dated someone with that much facial hair. I was like,

FROM LEFT: COURTESY OF SUBJECT (2); KEVIN MAZUR/GETTY IMAGES.

"How do you kiss?" But it's fine; it's easy. [*Laughs*]

**Is it weird for James to be in a high-profile relationship like this?**

I've never asked him. I probably should! Our family brings a different amount of—not fame—*attention*. Which isn't always wanted. Instead of just being known for his talent, he's now known for being someone's boyfriend. We're used to it, but for a person new to this, I'm like, "Oh, God, I'm sorry."

**I love your Instagram bio: "I crave a love...**

... so deep the ocean would be jealous."

**Have you always been such a romantic?**

I'm definitely a big-love girl. I love fairy tales. I've always loved love, but I've never given it away that easily. Lamar was definitely the first person I fully gave it to, but I think that's how life should be. I gave my love to Lamar because it was special, and I hadn't given it to someone like that before.

**After you split up, did you try to keep up a friendship?**

No, not really. My wishes for him are always positive and from a good place. I think when you have pure intentions, there's never an awkwardness or weirdness. But no, I don't talk to him every day. I like to make sure he's always okay, check on him, if it's not me talking to him directly. My biggest wish is for him to be happy. That's what real friendships are.

**Totally. You still care—but you're not his point person anymore.**

You have to love and respect yourself, too. I still have a great deal of love for him. That doesn't mean I have to be by his side all the time. But if he genuinely needed something, I'd be there. [*True to her word, Khloé reportedly rushed to Odom's hospital room in Las Vegas the night he was admitted.*]

**You spend a lot of time with your sisters' kids. Are you campaigning for favorite aunt?**

I'm not campaigning, but I think I've got it because I'm wild and goofy. Kourtney told me, "You can't come over in the evening because you rile them up too much." They know with me it's all about fun. We're going to be baking or swimming. Mason sleeps over here all the time. North right now calls me KoKo Loco. I don't know *how* she learned that.

**Are kids still on your mind?**

For sure, but I'm definitely not thinking about it right now. I take birth control every day at the same time.

**During your last REDBOOK interview, you were getting hormone shots. No more?**

Those were when I was married—I was doing IVF. Now I'm the complete opposite. I would love to be married and have kids. In my head, I had a whole vision of my life. That vision has changed, but it includes [being married with kids].

**With Kylie and Kendall breaking out on their own now as young adults, have you given them any advice?**

My biggest advice to them is: "You are only going to be young once." They're still teenagers! I come from a nonjudgmental place with them because I love when they tell me things. When I was 18, what I was doing was way worse. They run businesses, have their own homes. I was staying in an apartment with five people. As much as I want to say, "Don't do that!" I have to remember what I was doing at that age.

**You were close to Caitlyn when she was still Bruce, and you seemed to have a difficult time with her transition. Why?**

It wasn't the transition, per se. It was difficult for me that Bruce wasn't honest with me. When Bruce was Bruce—I'll use *he* because this is past tense—he knew way more than he was telling us, which was, "Oh, I don't know." Then we saw Diane Sawyer and were like, "You told us something different." I was more upset to find out from the tabloids. If you're our dad and you love us this much, wouldn't you want our support? I don't want to hear things from a tabloid. The transition had *nothing* to do with it. If she wanted to be purple, I would be totally okay with it, but I would want to be there. I don't like feeling like other people know things that we don't know. But we've worked through that. I love Caitlyn. It's definitely a different dynamic, of course. She was our dad. She still likes us to call her our dad, but it's hard when, you know, Dad's now wearing a dress. She's always like, "You can call me Bruce." And I say, "I'm not going to call you Bruce. Your name is Caitlyn."

**You want to be respectful.**

I want to be respectful, but it takes a minute to remember certain pronouns. The transition made our relationship different. She is a little more fun. Not that Bruce wasn't fun, but Caitlyn will have a glass of wine. Bruce would never do that.

**I think sometimes, with parents, they expect their adult children to just instantly snap into it.**

I think also, going through something on TV—everyone was so upset by my emotion. My emotions are my real feelings. I wasn't prepared for this; there's no manual. If people liked it or not, I don't care. This is what I felt. I was honest about that.

**Your family certainly had a lot to deal with publicly. What do you think about the idea that it's all fair game because you put yourselves out there?**

Yeah, that bothers me. I get to a degree why people think that. It's also unfair at the same time. I think there are situations that deserve certain levels of respect or privacy.

**Is there anything you would *never* want on TV?**

I feel like I've been the most open! I've learned to be more private with my personal life, for sure. Just to keep it closer to my heart. Not everything needs to be sung from the rooftops.

**Do you have any New Year's resolutions?**

I would love to have more private time, but I don't know if that's going to happen.

**Are you the kind of person who gets reflective at the end of the year?**

Not really. Sometimes I think I should slow down a little—but I don't know if I'd enjoy it. I've realized I work well in chaos!

# Go somewhere great in 2016!

No matter when you get time off this coming year, you can have a top-notch trip, thanks to the cool events happening every single month around the country. Start dreaming and planning right now.

BY MARY GILES



## JANUARY

**LOWCOUNTRY OYSTER FESTIVAL;** Mount Pleasant, SC ***(Jan. 31)***

If oysters are the ultimate romance booster, imagine what 80,000 pounds of them would do for you and your S.O. You'll find them raw, fried, steamed, and grilled at the historic Boone Hall Plantation in this beautiful coastal city. When you're stuffed to the brim, watch oyster shucking and eating contests (suddenly your three plates won't seem like so much), then go to the family area, which features a touch tank, oyster-shell decorating, and a children's theater. Later, head to Charleston (about 20 minutes away) for a walking tour to see the gorgeous downtown architecture.

## FEBRUARY

**SAINT PAUL WINTER CARNIVAL;** Saint Paul, MN ***(Jan. 28–Feb. 7)***

Cue your kids' high-pitched squeals—this place is *Frozen* in real life. (Don't worry, Mom and Dad, you'll love it too.) At the charming Rice Park in downtown Saint Paul, step inside a glittering ice palace made of 1,000 ice blocks, admire the intricate ice sculptures, and zoom down the 110-foot-long snow slide. The ice bar is cool (literally and figuratively) and for grown-ups only, but the whole family should check out the autonomous snowplow competition, where college students show off innovative robots designed to clear snowy pathways. Later, warm up (and ride the Ferris wheel) at the nearby 4.87-million-square-foot Mall of America.

## MARCH

**INTERNATIONAL CHERRY BLOSSOM FESTIVAL;** Macon, GA ***(March 17–April 3)***

Forget elbowing through the crowds in Washington, DC. The few thousand Yoshino cherry trees in the country's capital will feel measly compared with the 350,000 trees in Macon, where you'll have plenty of space (and time) to take gorgeous photos. When you've filled up Instagram, the city will still be celebrating the blooms and the spring weather: There's a gourmet food truck event and a parade with floats covered in blossoms (and one carrying the adorable Little Mr. and Miss Cherry Blossom). The historic Central City Park even transforms into a fairground with nightly concerts and around 25 rides. Before you head home, explore the beautiful Native American mounds at Ocmulgee National Monument.

## APRIL

**FIESTA SAN ANTONIO;** San Antonio ***(April 14–24)***

First held 125 years ago to commemorate the Battles of the Alamo and San Jacinto, Fiesta's big event is the Battle of Flowers Parade, where marching bands, beauty queens in jaw-dropping gowns, and about 40 floats travel down a 2.5-mile stretch, right past the iconic Alamo. The citywide party has grown to feature more than 100 events, including flamenco and mariachi performances and a must-see floating parade on the San Antonio River. Feel-good bonus: All proceeds go to local nonprofit organizations, such as the San Antonio Conservation Society. Throw in a fun history lesson with a visit to the city's missions (like Mission San Jose), or tour giant underground caves at Natural Bridge Caverns. ›

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PHOTOGRAPHED BY Cory Dawson


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## MAY

**MAKER FAIRE BAY AREA;** San Mateo, CA ***(May 21–22)***

All types of D.I.Y.ers (crafters, engineers, artists, you name it) gather for this science/country fair hybrid to show off their skills and wares. There are more than 150 "maker faires" in the world, but this is one of the biggest. Many of the more than 1,200 exhibitors offer fun projects that kids and adults can do on-site, and the hundreds of activities and shows have ranged from the whimsical (a 60-foot mousetrap) to the mind-blowing (huge fountains made of soda and Mentos). There'll be plenty of neat souvenirs to bring back, like 3-D printed portraits and hand-stitched clothing, but be prepared to explain that the gigantic robots won't fit in your garage. Round out your weekend of hands-on fun with a trip to the Exploratorium Museum in nearby San Francisco.

## JUNE

**SYNCHRONOUS FIREFLIES;** Great Smoky Mountains National Park, Gatlinburg, TN ***(late May to mid-June)***

Any laser light show you went to as a teenager has nothing on nature's version. For about two weeks in the exquisite Smoky Mountains, thousands of male fireflies simultaneously flash their lights to attract a mate. Scientists aren't sure why they do it in unison. Are they working together? Racing to be first? Whatever the reason, this brilliant light spectacle is worthy of a pilgrimage. You can set up lawn chairs on the trails with flashing fireflies just feet away from you. Reserve a viewing spot (at recreation.gov, search "firefly event") when ticketing opens around late April, because passes sell out quickly. (Some tickets are also sold the day before each viewing.) Then, check out the town's aquarium, and see the gorgeous 360-degree views from the Gatlinburg Space Needle.

**OR GO HERE**

**GRAND CANYON STAR PARTY;** South and North Rims, AZ ***(June 4–11)***

It's a two-for-one deal at the Grand Canyon: Marvel at one of the world's most remarkable geological formations up close, then stick around after sundown to experience stargazing in a way few other places on the planet can offer, thanks to the dark skies, clean air, and high altitude at the top of the canyon. For eight days, the organizers set up 50 telescopes trained on planets, star clusters, galaxies, and more. They even have amateur astronomers on hand to explain what you're seeing. Plus, you can watch free slide shows and attend constellation tours.

## JULY

**CHEYENNE FRONTIER DAYS;** Cheyenne, WY ***(July 22–31)***

Don't pass up the chance to yell "Yee-haw!" and actually mean it. Cheyenne hosts the world's largest outdoor rodeo, located at Frontier Park, a huge fairground that includes a 17,500-seat stadium. Start your day off by watching the country's best bull and horseback riders participate in competitions like bareback riding, barrel racing, and steer roping. Take a free tour of the arena, or visit Native American–and old frontier–themed villages. At night, head over to the Frontier Days carnival or catch a big-name country music performance. While you're in an Old West frame of mind, visit the nearby Terry Bison Ranch, where they have a herd of more than 2,000 buffalo.

## AUGUST

**WASHINGTON STATE INTERNATIONAL KITE FESTIVAL;** Long Beach, WA ***(Aug. 15–21)***

Welcome to championship kite flying. Yes, it's a real thing, and it's *amazing*. Since this month boasts the year's best kite-flying wind, people from around the world come to display both their skills and their unique equipment, much of it in fantastical shapes like dragons and phone booths. There is plenty of action in the form of kite battles (fighter kites try to knock one another down), group choreography (the kite version of synchronized swimming), and a night show with lighted kites. Enjoy from the beach, or buy a kite from one of the vendors and put your own skills to the test. When your arms get tired, walk along the pristine nature trails at the Lewis and Clark National Historical Park in Astoria.

## SEPTEMBER

**OKTOBERFEST ZINZINNATI;** Cincinnati ***(Sept. 16–18)***

Nope, we didn't mix up the dates. The ever-practical Germans hold Munich's Oktoberfest in September to take advantage of the nicer weather, and Cincinnati follows their lead. Our country's largest Oktoberfest starts with... wait for it... the Running of the Wieners, where dozens of tiny dachshund legs blur into the not-so-great distance. After that must-see, have a drink at one of the three beer gardens, along with a brat, pretzel, or sauerkraut ball. (Just leave room for strudel.) Afterward, you can join the ›



CLOCKWISE FROM BOTTOM RIGHT: LAURIE PRENTICE; COURTESY OF THE NATIONAL PARK SERVICE; GETTY IMAGES (2).

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world's largest chicken dance or take in the Gemüetlichkeit (Goodwill) Games, which include contests like a beer barrel roll. Work off any indulgences later during a stroll through the city's Riverwalk, with its carousel and giant chessboard with three-foot pieces.

## OCTOBER

**ANNUAL PUMPKIN FESTIVAL;** Laconia, NH ***(Oct. 23)***

30,581. That's how many jack-o'-lanterns this festival lit simultaneously to claim the Guinness World Record. They're carved in endless incredible ways: hot air balloons, Darth Vader, human faces, and thousands more. You can get up close to admire many of them, but there's also a 35-foot tower built to display about 1,000 of the gourds. Then, sample pumpkin-flavored treats (not to be missed: the whoopie pies), test your nerve at a haunted house, and cheer on the littles at the children's costume parade. When you want to get off your feet, hop aboard a 45-minute train ride along one of the area's stunning lakes. Stick around for a few days and hike at Lake Winnipesaukee, or shop at the huge Laconia Antiques Center.

## NOVEMBER

**BACONFEST;** Easton, PA ***(Nov. 5–6)***

This two-day celebration of one of America's favorite foods packs more flavor (and appetizing aromas) per square centimeter than Willy Wonka's chocolate factory. You probably already know you'll love the bacon-cheddar dip, but you can also sample bacon-flavored confections, including cupcakes and ice cream, or wash your bacon quesadilla down with a pint of bacon beer. When your belly needs a rest, check out the four music stages as well as culinary demos where you can learn how to whip up bacon delicacies. After you've pigged out, detox with a trip to the Crayola Factory, right in town.

## DECEMBER

**FESTIVAL OF LIGHTS;** Riverside, CA ***(Nov. 27–Jan. 2)***

This year, leave the winter coat at home and revel in sleeveless SoCal weather for the holidays. The city of Riverside, known for its lush orange groves and many museums, transforms its downtown area and the Mission Inn Hotel—a breathtaking Spanish architectural gem—with 4 million colorful lights. This creates a sparkling holiday backdrop that would make your town's most decorated house seem a bit lackluster. Plan on a few hours to see all the displays, then shop at the holiday-only artisan market and let your little ones get their faces painted at the kids' zone, sit on Santa's lap, or take a spin around one of the area's outdoor skating rinks. Later, scoot over to Disneyland (an hour away by car), where you can see your favorite characters dance in the Christmas Fantasy Parade.

**OR GO HERE**

**ANNUAL NATCHITOCHES CHRISTMAS SEASON;** Natchitoches, LA ***(Nov. 19–Jan. 6)***

First things first: The Creole town of Natchitoches is pronounced *nack-a-tish*. Hone it and you'll feel like a local on day one. While there are fun happenings like nighttime carriage tours through the historic district, this festival's biggest wow factors are the dozens of spectacular light displays along Cane River Lake and the Saturday night fireworks shows. (Both are twice as dazzling thanks to their reflections in the water.) It's a total feast for the eyes, but since you'll still need actual food, try Creole favorites like jambalaya, gumbo, and Natchitoches meat pies. Get a sense of the city's history by visiting the nearby Cane River National Heritage Area. ®

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# 10 ways (big and small) YOU CAN CHANGE THE WORLD

What this group of smart, charitable ladies taught us: Helping out and spreading happiness isn't hard. Their easy but effective ideas will give you the tools to truly make a difference.



LUBLIN: BRYAN BEDDER/GETTY IMAGES.

## Volunteer with a friend

The "helper's high" is what some researchers call the feeling that follows a generous act. It's caused by the release of endorphins in our brain, which are also the hormones responsible for helping us bond with others—so volunteering with a buddy may bring you even closer. "We like our volunteers to get a friend or family member to train and cover shifts with them so they'll have someone to talk with if things get stressful," says **Nancy Lublin**. She's the founder of Crisis Text Line, which relies heavily on volunteer counselors to reply to texts from people seeking help dealing with anything from bullying to thoughts of suicide. "We have groups of friends who meet on a regular basis, and even a 77-year-old woman who volunteers every week with her 52-year-old daughter. We hear all the time that helping out these strangers makes for a super-special experience that they now get to share." *Learn more at crisistextline.org.*



**ILLUSTRATIONS BY** Paul Blow



## Turn heartbreak into strength

"There's no right or wrong way to deal with tragedy," says **Phyllis Sudman**, "but doing something to make sure no other family has to unnecessarily bury a child helped *me* get through rough times." In 2005, her 3-month-old son, Simon, died in his sleep from an undetected heart condition—the same type that explains up to 15 percent of all SIDS deaths and is one of the reasons thousands of children die of sudden cardiac arrest (SCA) each year. "Afterward, seeing a baby boy anywhere was difficult for me. There are really no words to describe the pain. But I kept thinking, *I don't want any other family to feel this way.*" So she and her husband, Darren, launched Simon's Fund, which has organized heart screenings for nearly 12,000 kids and caught life-threatening conditions in about 100 of them. "When I think about Simon now, it's that he has helped save so many lives, and I am so proud." *Learn more at simonsfund.org.*



## FIND YOUR NICHE

"A lot of women feel overwhelmed when they think about making a difference. It's like, 'I'm one person. How much impact can I really have?'" says the actress Eva Longoria, a prolific fund-raiser. "You don't have to solve world peace. Think about what you care about and what's affected your life. Say you didn't have a lot as a kid and remember being cold in the winter. So it becomes, 'I care about girls who don't have winter coats.' No matter how specific your passion, there is a charity working on it. At some point I decided I can do a lot of little things for everyone or some great things for women, Latinas, and education, and that's where I focus much of my energy." *Learn more at evasheroes.org and evalongoriafoundation.org.*



## Use social media for good

"Learning something new makes an issue real for people and makes them want to act," says **Kathy Calvin**, president and CEO of the United Nations Foundation, a founding partner of the fund-raising campaign #GivingTuesday. "Experts are great, but we listen most to the people in our social networks." Calvin's advice on pulling in the most donations for a cause: "Storytelling and giving interesting facts draw people in. Ask, 'Do you know how many women needlessly die every day in childbirth?' and share the story of a woman who didn't have access to a clinic, then link to a group that's doing something about it." Try it this #GivingTuesday, December 1. *Learn more at givingtuesday.org.*



**Look around your house** From sneakers to mattresses to toys with metal, "there are so many items around the home that people aren't aware can be recycled," says **Julie Zaniewski**, packaging sustainability manager at Unilever and adviser to its eco-education initiative, BrightFuture. The most face-palm-worthy oversight: Most people recycle water bottles, "but many don't recycle bottles for bath products like shampoo, body wash, and lotion." See if yours have the universal recycling symbol (chasing arrows) and the number 1, 2, or 5; if so, they belong in the blue bin. *Learn more at brightfuture.unilever.us.*



FROM LEFT: STUART RAMSON; COURTESY OF UNILEVER; STEFANIE KEENAN/GETTY IMAGES; NILAYA SABNIS.



## DO SOME SLEUTHING

"Before giving your hard-earned money to a charity, check out its reputation," says **Joyce Meng** (below, right), cofounder of Givology, a website that connects potential donors with grassroots education programs in developing countries. "A lot of nonprofits have great intentions, but due to poor execution, they don't deliver on promises. You want to make sure your dollars are being put to good use and getting solid results." She and partner **Jennifer Q. Chen** thoroughly vet organizations before agreeing to partner with them. "We look at financial records and things like how their students score on national exams," says Chen. There are a few websites that do the legwork for you: The Better Business Bureau's Wise Giving Alliance (give.org) accredits charities that meet their standards; Charitynavigator.org offers starred reviews based on criteria like how well the organization has sustained its services over time; and Greatnonprofits.org gives ratings based on reviewer feedback (like a Yelp for charities). *Learn more at givology.org.*



**Be an example every day** "You have to shape your way of giving back to fit your life," says **Robin McGraw**, founder and CEO of When Georgia Smiled, a foundation that supports victims of domestic violence and sexual assault. "If you have the money, great, donate. If you have a skill or talent, teach it to someone." Before she became a philanthropic powerhouse (she and her husband founded the Dr. Phil Foundation for disadvantaged and foster children and helped generate over $180 million in volunteer services for the organization CASA for Children), what she had to give was time to her sons' schools. "Their small school didn't have a soccer team, so I organized one and was the coach. I volunteered to fill in for sick teachers and keep score at games. I wanted my sons to know that giving to others doesn't just happen at certain times, like the holidays when we donate toys. It's about doing what you can to get involved *all* the time." *Learn more at whengeorgiasmiled.org.*



**Don't undervalue your time** "I like to say time is treasure," says **Lynda Houk**, executive director for the Vera Bradley Foundation for Breast Cancer, which has raised over $25.7 million for research. "Many foundations have tiny staffs, and volunteers are crucial to success. Our amateur women's tennis and golf tournament, the largest in the country, is planned by a group of 22 amazing volunteers. More volunteers work only the day of the event but are equally as important. Maybe you can't give 20 hours a month, but even a couple is valuable—for you too." One study found that people who volunteer as little as once a month were 7 percent happier than those who don't at all. Says Houk: "Putting in hands-on work can feel more meaningful than writing a check." *Learn more at verabradley.org.*



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## THINK LOCALLY

"If everyone made an effort to offer one gesture of kindness, to touch one life, once a year, the world would be a better place," says Karen T. Fondu, the president of L'Oréal Paris, whose Women of Worth Foundation honors 10 grassroots leaders each year and is celebrating its 10th anniversary. "When you're baking for a family or work event, consider doubling the batch and bringing the extras to a local police station or veteran club. Stop in to say hello at a nearby senior center, or to play cards. The Women of Worth we honor aren't household names, they don't have millions of social media followers, but what they all have in common is passion for their communities. They looked around, saw a need, and did something—sometimes just a small thing at first, but that can be all it takes to start changing lives." *Learn more at womenofworth.com.*



## Share your story

"When you're sharing your story, don't be afraid to be vulnerable," says domestic violence activist **Beverly Gooden**. "Conquering that fear feels amazing. Consider it a selfish act." Her triumph came in 2014, when her Twitter feed filled with comments belittling Janay Rice for staying with Ray Rice after he attacked her. In response, Beverly tweeted reasons she didn't leave *her* abusive ex sooner, like, "I thought love was enough to conquer all," ending each with #WhyIStayed. "In the past I'd been afraid to share details because society views victims as weak. But I knew I needed to stand up," she says. Her hashtag inspired more than 20,000 people to share their stories. "Those tweets wiped away any fear. It's easier to have courage when someone is standing there next to you." *Learn more at beverlygooden.com.*



## And the most inspiring story you'll read all year:



**We asked REDBOOK readers to tell us about the woman who has taught you the most about giving back, and got almost 1,000 responses.**

**OUR WINNER:** Pamela Rose Jessen, 53 (far right), who wrote about her friend Charlotte Seehawer, 55

In 2004, Charlotte set off to Cambodia to volunteer holding babies at an orphanage for a month. As soon as she walked in, "I saw Samuel lying on the floor, looking up at me with these big, beautiful eyes. I picked him up and there was an instant connection," says Charlotte. The 3-month-old was small and missing three limbs, but she knew he was a fighter. "He'd been abandoned in the dirt by a hospital, and it was 24 hours before someone found him. It was a miracle he lived. I've always wanted a second child, but my husband and I lost two babies after my daughter. Then I met Samuel years later and knew *this* was my baby." Due to complicated Canadian adoption laws (the Seehawers live in Alberta), it was six months before she could convince Cambodian and Canadian government officials to make an exception and let her legally adopt him. Fast-forward five years to Samuel seeing a photo of an orphaned Cambodian girl with no arms. "She's just like me," he said, and asked if they could send her toys. Charlotte took it one step further and organized Samuel's Ride for Rescue, in which he and 60 to 80 other kids ride bikes to raise money for a Cambodian orphanage called Place of Rescue. Over six years they've raised more than $65,000. Charlotte's family usually absorbs the event's expenses but, due to financial difficulties, are unable to host the event this year. Charlotte says she's already thinking of other ways to help. "Samuel inspires me to keep going. He thinks he can do anything, so he can. I can't wait for him to return to Cambodia and show people that even if you're disabled, you can do great things," she says. Samuel, now 11, admits he's just following her example: "My mom makes sure that other people give me a chance to do stuff they think I can't. She never gives up."





Samuel at age 6, on his customized bike; and in 2011, meeting Kate Middleton during the royal visit to Canada.

CLOCKWISE FROM BOTTOM LEFT: CHRIS CHARLES/CREATIVE SILENCE PHOTOGRAPHY; GARY GERSHOFF/WIREIMAGE; COURTESY OF SUBJECTS; ARTHUR EDWARDS/POOL/GETTY IMAGES; COURTESY OF SUBJECT.

—REPORTING BY JESSICA PRESS AND ANDRA CHANTIM

# Foolproof steps to getting paid what you deserve

Listen to *this*: Only 42 percent of women have ever asked for a raise in their current field, according to a recent survey. We doubt they're the only ladies who are worthy of one. So here's your game plan for boosting your income, whether you've been in your job for one year or 10. It's never too late to stop settling for less. BY ALLISON BERRY



## 1 PROVE YOU'VE EARNED IT

**It's easy. First question: Have you taken on more responsibility since you were hired? (Careful! You'll strain your neck from all that nodding.) Track down your original job description, then add any additional tasks you now perform in red, says Tory Johnson, CEO of the online recruitment service Women for Hire. Now—and this is especially important if your workload *hasn't* changed—write out ways that you've exceeded expectations in each of the areas on your list. We'll bet you're seeing a lot of red. Mark three things you're particularly proud of, and stash the list away—you'll need it later.**

## 2 DETERMINE YOUR WORTH

If your job has stayed the same, stick with a 2 to 3 percent increase—it's a fair raise, and one you can ask for annually. But if you're doing significantly more than you signed up for and it's been at least a year since your last raise, it's time to research competitive salaries in your area. Start with salary.com or payscale.com, then ask someone in your network (like a former boss or colleague) what *they* think is reasonable, says Margaret Neale, Ph.D., a professor at Stanford University and coauthor of *Getting (More of) What You Want*. Use their advice combined with your own research to come up with the salary you'll present to your boss. "You can give a range or a definitive number," Johnson says. "Just be specific and direct."

## 3 ASK FOR SOME FACE TIME

Take a cue from your boss and reach out to her however she prefers to communicate. (Does she always email you from the next office over? Send her a message to nab a slot on her calendar.) Say, "I've given considerable thought to the work I'm doing here, and I'd love to schedule some time to chat about my role. When do you have 15 minutes?" Make sure you have that document you made earlier and your target salary handy, in case she says, "Now's good!"

## 4 MAKE YOUR CASE

Open the meeting with this: "It's been an incredible year. I'm very proud of all that I've contributed, and I want to talk to you about a few things specifically." Then spend roughly 10 minutes walking your boss through the stuff you marked earlier, Johnson says. Once you've laid out your accomplishments, reveal the salary you want. If it's more than a cost-of-living raise, explain why it's fair: "Based on my research, I make $10,000 less than I should. This number is more on par with my responsibilities." Keep in mind that your boss may not be able to say yes or no at that moment, Johnson says. Leave your list with her at the end of the conversation so she can mull it over.

## 5 DON'T STOP THERE

**So you had "The Talk" with your boss, and she happily gave you a raise. Congrats! Or she totally *didn't*—in that case, your work isn't done. If her response is something like, "Not now," ask her for a specific time when you can revisit the conversation. If it's a firm no, tell her you'd like to know what would make it a yes. "Leave nothing on the table," Johnson says. "You don't want to walk out wondering what happened. You should end the meeting with a clear idea of your future in this position." Even if *your* future means moving on to bigger, better things.**

PORCOREX/GETTY IMAGES.




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WHYS GUY

# Why your guy needs you

Join Aaron Traister for *It's a Wonderful Wife*, his sweet take on why our husbands are so much better off with us in the picture.

In honor of the Christmas season, I'm channeling my inner George Bailey (you know, the family-man hero of *It's a Wonderful Life*) and imagining what my world would look like if I had never met my wife, Karel, and started a family. We've been together for 14 years, and when you've put that much time in, it's pretty natural to occasionally stare into the abyss, think about the biggest decisions in your life, and wonder, *What if?* It's especially normal to do this when life's domestic irritants begin to pile up around you. For instance, if you wake up in the morning to discover that the kid's got an ear infection, the car has a flat, and the cat ate tinsel and barfed in the kitchen, you might, for a moment, imagine a life without any cats or children with smelly ears, a life where you're a globe-trotting rock star free from the shackles of middle-class obligation. But we guys don't need the guardian angel Clarence to imagine what it would *really* be like without our responsibilities. Let me tell you: It isn't pretty. So turn off the movie and pound some eggnog, because we're going on a journey of our own, to learn the reasons your guy is, without a doubt, in a better place because of you.



### We wouldn't have the greatest kids in the world

Imagining a scenario in which I'd never met Karel means imagining a life without my kids, and that turns this little holiday exercise into a horror movie. Every guy I know feels this way. Even when I'm daydreaming about an alternate universe in which I'm married to J. Law and she takes me to the Bahamas with Amy Schumer on Thursdays, I can't conjure enough suspension of disbelief to imagine that the kids J. Law and I would have could begin to rival the children Karel and I have made together. My kids have red hair, big smiles, and bigger hearts; the red hair comes from me, but the smiles and heart are all Karel. For all the kvelling I've done about parenting in the pages of this magazine over the years, these kids and their mom have made fatherhood feel like a game I'm playing on easy mode. One of the signs that proves to me Karel and I were destined to end up together is when I look at our kids and know—with a certainty that is rivaled only by my knowledge that water is wet, fire is hot, and churros are always delicious—that there is no other combination of genes that would have yielded such perfect results.

### We'd have gout and emphysema

Like many guys, it wasn't until I met my future wife that I began thinking about taking better care of myself. With Karel in my life, I decided I had to be smarter about the beers and the smoking and the doughnuts and the sitting around because a) she was obviously worried about me and b) I didn't want to saddle her with a hypertensive diabetic by the time she was in her 40s. But what started as something I did for her quickly transformed into something I was doing for me. Working out and eating healthier gave me more energy and more confidence, and made me feel better about myself. Like a lot of dudes, I saw myself as defined by my vices, and it was a revelation to discover that I was more than the sum of a pack of Marlboro Reds and a few pints of lager. It was also comforting to realize that people (including my wife!) still wanted to hang out with me even if I wasn't the hedonistic good-time glutton I had cast myself as. Sure, there's a remote chance that guys might stumble



ILLUSTRATION BY Jean Jullien

upon those conclusions on our own, but it would take a heck of a lot longer and would involve a lot more scary lectures from our doctors along the way.

### Community would be nothing but a TV show

Before I met Karel, my idea of being an involved member of the community, or a good neighbor, was tipping at the local bar during *Monday Night Football*. The thing about falling in love with someone is it tends to have a ripple effect. Suddenly you stop thinking only of yourself and begin caring a lot more about the people you're surrounded by and the world you live in. Karel had this effect on me, just like you probably did on your guy. For me, after meeting her and falling in love (and I'm sorry if this sounds dumb, but it's the truth), I was suddenly inspired to try to make the world a better place. I wanted to make the communities and cities we lived in feel like home for her; I wanted to do my part to make them feel like home for us. Karel also made me believe I had something worth sharing with other people, which was not a sentiment I was accustomed to. For the first seven years we were married, before I started writing, I worked with at-risk kids in Philadelphia. The experience had a much bigger effect on me than I did on them, but it taught me what a gift it is to be surrounded by your community of family, friends, and neighbors. Until I met Karel, I took all those things for granted, although, in my defense, I did tip well during *Monday Night Football*.

### There would not have been a Whys Guy

And so we come to the end of our journey into the unknown, in more ways than one. This column marks the end of my time at REDBOOK and the beginning of the next stage of my writing career. Five years ago, I was hired to write a funny relationship column. I had only published a few stories professionally and had no formal (or even informal!) writing training. I was convinced I couldn't do it, and the total rewrite my first editor wanted on my first story offered no evidence to the contrary. But Karel's confidence in me never wavered. She was, and is, my biggest cheerleader, and her faith buoyed me at a time when mine was in short supply. Knowing that you have faith in us gives us the confidence to do anything. With you in our corner, we can move mountains, we can soar to unimaginable heights... or write a magazine column about our experience wearing "skinny jeans." In all seriousness, more than anything else, Karel gave me inspiration. Giving relationship advice, telling stories about happy long-term marriages and partnerships, coming up with funny ideas for date nights, and then sharing that stuff with a few million readers across the country didn't seem nearly as scary or intimidating if I just closed my eyes and thought of Karel before I started writing. And without *you*, your guy would not have started his business, made up with his brother, put together that Ikea couch in your first apartment—whatever hard thing he took on and accomplished. We need your perspective, and your love. A friend once accused me of getting paid to write love letters to my wife, so I now want to admit that it's totally true, and thank REDBOOK for giving me the opportunity to do that. And I want to thank you, for taking the time to read what I had to say about her every month. Thank you! Now, if you'll excuse me, I'm off to start my exciting next chapter... right after I finish cleaning up the tinsel-filled cat barf in the kitchen. ®

**FOR MORE GREAT ADVICE FROM GUYS WE LOVE,** check out the words of wisdom from the finalists in our 2016 Hottest Husbands contest at redbookmag.com/hothusbands. They're adorable in every way. Find out more on page 156.

PROMOTION

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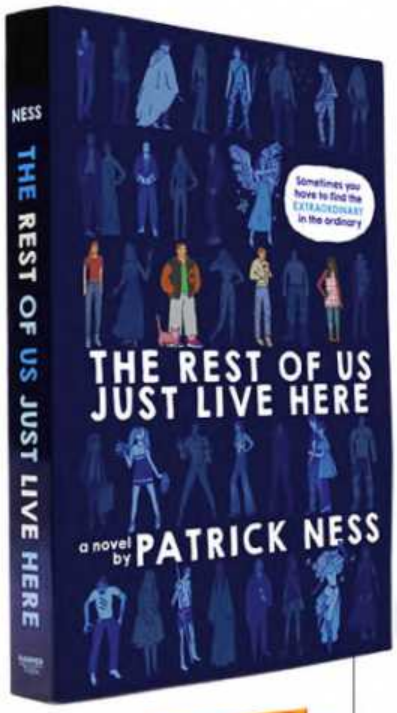
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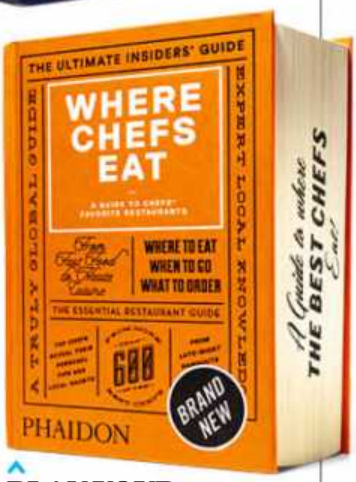
# 5 books to give... and get yourself!

From a bedtime story you won't mind reading aloud every night to a novel that'll keep you, your BFF, *and* your mom riveted, these make the best gifts.



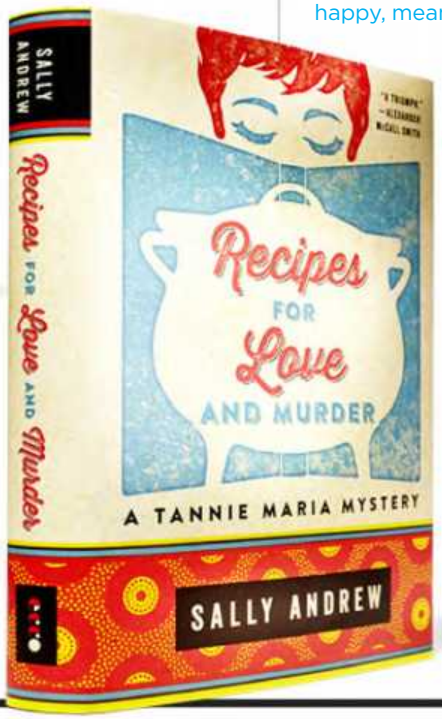

## HOW TO BE THE HERO OF YOUR OWN STORY

A send-up of novels and TV shows about superhuman teens who save the world (*Buffy* fans will recognize the "high school as gate to hell" plotline), *The Rest of Us Just Live Here* (ages 14+) focuses on the "normal" kids. It takes on issues like anorexia and depression without coming off all after-school special. But there is a message: Asking for help is as brave as giving it.




## PLAN YOUR DREAM VACAY

Use the restaurant recommendations in *Where Chefs Eat*, from 70 international culinary stars, to chart a tasting tour of the U.S.... or the world. Your retired globe-trotting parents and friend who travels for work will appreciate copies too.



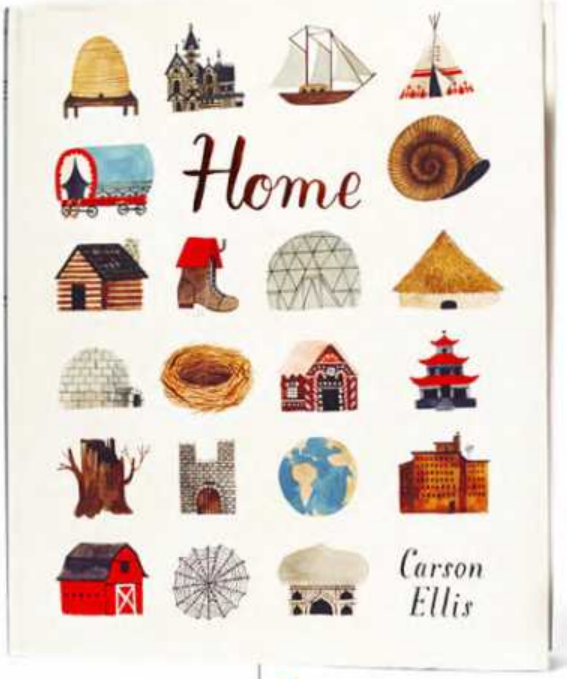

## SNUGGLE UP WITH A SMART, COZY MYSTERY

Fans of whodunits like Miss Marple stories and the *No. 1 Ladies' Detective Agency* series will be delighted that Sally Andrew's *Recipes for Love and Murder* was under the tree with their name on it. When the mysterious death of an abused woman churns up issues about her own marriage, widow Tannie Maria, an advice and food columnist in a small South African town, resolves to find the killer. Along the way she discovers a well of inner courage she never knew was there—and a chance at real love. Luckily, recipes for the mouth-watering treats she uses to entice suspects to talk are included.




## A NEW TAKE ON YE OLDE LIFE LESSONS

In Ethan Hawke's slim, heartwarming *Rules for a Knight*, a medieval father uses tales from his own life to teach his children, yours, and maybe even *you* how to live a happy, meaningful life.




## FIND YOUR HOME IN THE WORLD

From the palace of a Norse god to the house of an artist, in *Home* (ages 4 to 8), author and illustrator Carson Ellis takes kids on a tour of abodes real and fantastic, and gets them thinking about what makes where *they* live special. At the end of reading this book, you will not cringe at little shouts of, "Again!"

CHRISTOPHER COPPOLA/STUDIO D.


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# AT HOME

PHOTOGRAPHED BY Sam Kaplan



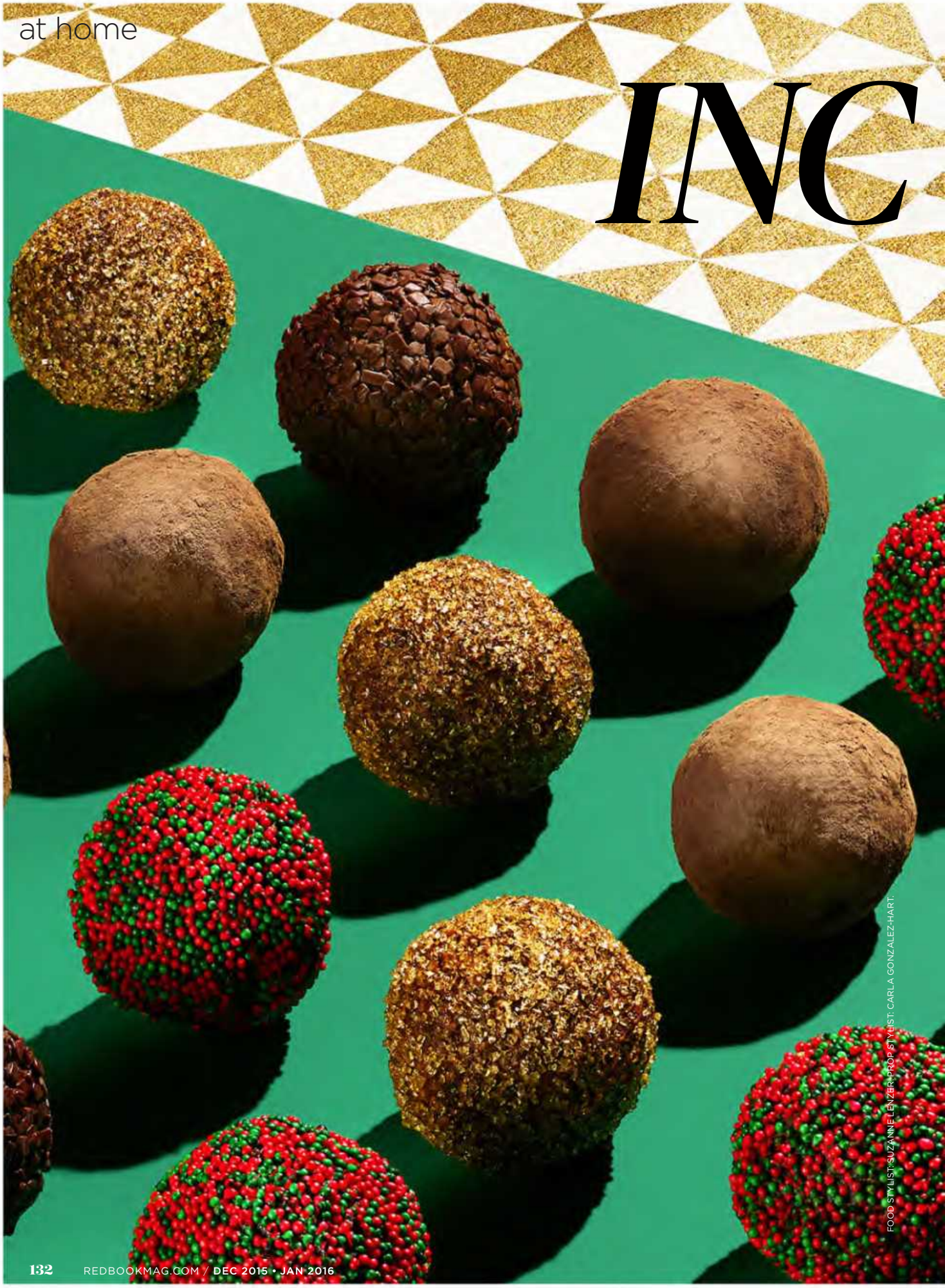

Use 2 cups of vinegar for all recipes. From left: **Cider vinegar**, with 3 dried apple rings and 3 thin slices of ginger. **Champagne vinegar**, with 10 thyme sprigs wrapped in a long spiral of lemon peel. **Rice vinegar**, with ½ cup small hot chili peppers (like Thai bird).

FOOD STYLIST: SUZANNE LENZER. PROP STYLIST: CARLA GONZALEZ-HART.

## The best last-minute homemade gift

Now here's a present you can throw together in minutes—honest—and still arrive at your kids' school party/neighbors' cocktail hour/boss's holiday gathering with the cool-headed confidence of a truly organized person. Making infused vinegars couldn't be simpler, and the results are gorgeous. Don't have a fancy bottle? Just pour vinegar into a Ball jar, then cut a circle of fabric and tie it over the cap with a ribbon.

# INC



FOOD STYLIST: SUZANNE LENZER; PROP STYLIST: CARLA GONZALEZ-HART.

# REDIBLE HOLIDAY COOKIES

## (NO OVEN REQUIRED)

Behold: six recipes that deliver gorgeous results and are no-bake, which means no rolling out, no stressing out, more calm. See how it feels to be the star of the cookie swap.

RECIPES BY YVONNE RUPERTI • PHOTOGRAPHED BY SAM KAPLAN



### COOKIE-COVERED CHERRIES

Total: 1 hour

- 20 maraschino cherries
- 2 Tbsp light rum (optional)
- 2 cups blanched sliced almonds
- 1 cup 60% cocoa bittersweet chocolate chips
- 1 cup puffed rice cereal (like Rice Krispies)
- ¼ cup honey
- 2 Tbsp plus 2 tsp cocoa powder
- 4 tsp pure vanilla extract
- Garnish variations (pick as many as you like): 1½ cups nonpareils, sprinkles, crushed sliced almonds; 1 cup cocoa powder

**1.** Remove the stems and place the cherries in a bowl. Toss with the rum (if using) and let sit for 30 minutes or up to overnight; drain.

**2.** Place the next six ingredients in the bowl of a food processor. Process until the mixture comes together, there are no large pieces of almonds, and the texture is fairly smooth. Scoop a scant tablespoon of cookie dough and form into a ball. Flatten the ball in your palm and place a cherry on the dough. Mold the dough around the cherry, completely covering it, and roll into a ball. Roll the balls in garnishes. (Make ahead: Store in an airtight container in a single layer in a cool, dry place for up to 3 days. Store in the refrigerator for up to 5 days.)

*Makes 20 balls.*

## SALTY CHOCOLATE PEANUT BUTTER SAMMIES

Total: 1 hour and 15 minutes

- ½ cup chunky peanut butter
- 2 tsp confectioners' sugar
- 2 tsp unsalted butter, softened
- 1 tsp pure vanilla extract
- Pinch of salt
- 32 Ritz crackers (about 1 sleeve)
- 12 oz 60% cocoa bittersweet chocolate, finely chopped
- 2 Tbsp vegetable oil (if needed)
- 1 Tbsp sea salt, for sprinkling

**1.** Stir the peanut butter, sugar, butter, vanilla, and salt in a bowl until combined and creamy. Spread a teaspoon of the filling onto half of the crackers. Top with the remaining crackers, gently pressing to allow filling to almost reach the edge.

**2.** Place the chocolate in a deep microwave-safe bowl and microwave on 50% power until melted, stirring frequently. If the chocolate seems too thick (like pudding), stir in the vegetable oil 1 tsp at a time.

**3.** Line a baking sheet with parchment paper. Using a fork or small offset spatula, dip each sandwich cookie into the chocolate. Gently shake the cookie above the chocolate to allow excess to drip off. Place on the prepared baking sheet and sprinkle the tops with sea salt. Refrigerate until set, about 30 minutes. (Make ahead: Store cookies well wrapped, with parchment between layers, in the refrigerator for up to 5 days.)

*Makes 16 cookies.*

**WHITE CHOCOLATE–HAZELNUT VARIATION**

Follow the previous recipe as directed, but make the filling with ½ cup chocolate hazelnut spread (such as Nutella), 1 tsp cocoa powder, and 1 tsp pure vanilla extract. For the white chocolate coating, place 12 oz chopped white chocolate in a deep microwave-safe bowl and microwave on 50% power until melted, stirring frequently. Bring a small pot of water up to a simmer, remove from heat, and place the bowl of melted white chocolate on top to keep warm. If the chocolate seems too thick (like pudding), stir in the vegetable oil 1 tsp at a time.





## CINNAMON-HONEY JAM THUMBPRINTS

Total: 30 minutes

- 1 cup blanched sliced almonds, plus ½ cup crushed
- 18 low-sodium saltine crackers
- ½ tsp ground cinnamon
- 3 Tbsp plus 1 tsp honey
- 1½ tsp pure vanilla extract
- ¼ cup raspberry or apricot preserves

**1.** Process the sliced almonds, crackers, and cinnamon in a food processor until finely ground. Stop the processor and add the honey and vanilla. Pulse until the mixture begins to come together into large pebbles. Check the dough's consistency—it should hold together when squeezed (if too crumbly, add a little water). Transfer dough to a bowl.

**2.** Roll rounded tablespoons of dough and press the bottoms into the crushed almonds. Place each dough ball on a work surface, make an indentation with your finger, and spoon ½ tsp preserves into the center. (Make ahead: Store in an airtight container at room temperature for up to 2 days. These cookies become firmer and drier as they sit.)

*Makes 20 cookies.*

## EGGNOG SANDWICH SWEETIES

Total: 45 minutes

- 4 large egg yolks
- ⅓ cup plus 1 Tbsp granulated sugar
- 2 tsp water
- 12 Tbsp (1½ sticks) unsalted butter, softened
- ½ tsp pure vanilla extract
- ½ tsp rum extract
- ¼ tsp ground nutmeg
- 1 tsp kosher salt
- 70 vanilla wafers (such as Nillas, 1 box)
- 1 cup decorating sugar or sprinkles (optional)

**1.** Whisk the yolks, sugar, and water in a medium heatproof bowl until well combined. Set the bowl over a pan of simmering water and gently whisk until the yolk mixture is heated to 170°F. (If you don't have a thermometer: Whisk yolk mixture over simmering water until the sugar is completely dissolved, foamy, and warm to the touch, about 8 to 10 minutes.) Pour into the bowl of an electric mixer and beat on medium speed until the mixture is room temperature. With the mixer running, slowly add the butter, 1 Tbsp at a time. Continue to beat until creamy and smooth, 2 to 3 minutes more. Stop the mixer and add the extracts, nutmeg, and salt. Mix the buttercream on low speed until completely combined.

**2.** Pipe or spoon 1 Tbsp buttercream onto half of the wafers. Top with the remaining wafers and roll in the decorating sugar or sprinkles (if using). (Make ahead: Store in an airtight container and refrigerate until ready to serve, up to 5 days. The buttercream will soften as it comes to room temperature.)

*Makes about 2 cups buttercream, enough for 35 cookies.*




# START WITH PURE FLAVORS.
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## McCormick® Herbed Prime Rib

2 tbsp. **McCormick Basil Leaves**
2 tbsp. **McCormick Oregano Leaves**
1 tbsp. **McCormick Garlic Powder**
2 tsp. **McCormick Onion Powder**
1 tsp. **McCormick Ground Black Pepper**
1 boneless beef rib roast (5 to 6 lbs.)
2 tbsp. oil
1 tsp. salt

**MIX** first 5 ingredients in small bowl. Set aside. Trim excess fat from top of beef, leaving a layer of fat about 1/4-inch thick. Place roast on rack in shallow roasting pan. Brush beef with oil. Sprinkle with salt. Coat with seasoning mixture.

**ROAST**, uncovered, in preheated 350°F oven until internal temperature reaches 130°F for medium-rare (1 3/4 to 2 1/4 hours) or 140°F for medium (2 1/4 to 2 3/4 hours). Begin checking internal temperature of roast with meat thermometer 30 minutes before estimated end cook time. Cover with foil and let stand 15 minutes before carving. The temperature of the meat will rise about 10°F during standing.

Makes 16 servings.

**Tip:** To prepare recipe with roasted vegetables, visit **mccormick.com**

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## NUTTY CHOCOLATE PRETZEL BARS

Total: 1 hour

- 9 oz chocolate wafers (such as Nabisco Famous Wafers)
- ½ cup (1 stick) unsalted butter, melted
- 12 oz 60% cocoa bittersweet chocolate, chopped
- ¾ cup heavy cream
- ½ cup mixed roasted nuts, chopped
- 1½ cups (3¾ oz) coarsely chopped pretzels
- ¾ cup (4 oz) soft caramels
- 1 tsp water
- ½ cup chocolate chips or 2 oz bittersweet chocolate, chopped (optional)
- ¾ cup green and red candy-coated chocolates, like M&M's (optional)

**1.** Line a 9-in. square baking pan with foil, leaving a 2-in. overhang on two sides. Process the chocolate wafers in a food processor until finely ground. Transfer to a bowl, add the melted butter, and stir until fully moistened. Firmly press the mixture into the bottom of the prepared pan.

**2.** Place the chocolate in a medium bowl. Heat the cream over medium heat until it just comes to a boil and pour over the chocolate. Gently whisk until the chocolate is melted and the mixture is smooth. Stir in the chopped nuts and pour over the crust. Sprinkle the pretzels over the chocolate, pressing to adhere. Place the caramels and water in a microwave-safe bowl and microwave on 50% power until melted, stirring frequently. Drizzle over the pretzels. Top with chocolate chips and M&M's (if using).

**3.** Chill until the ganache sets, about 1 hour. Use the overhangs to lift out of the pan; cut into squares. (Make ahead: Store in an airtight container, with parchment between the bars, in the fridge for up to 3 days.)

*Makes 16 bars.*







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## CANDY CANE CRISPY STARS

Total: 1 hour 45 minutes

- ¼ cup (½ stick) unsalted butter
- 10 oz marshmallows
- 1 tsp peppermint extract
- 1 12-oz bag white chocolate chips
- 5 cups puffed rice cereal (like Rice Krispies)
- 1 Tbsp vegetable oil, plus extra for cutter
- ½ cup crushed candy canes

**1.** Spray a large rimmed baking sheet with baking spray. Melt the butter on low heat in a large nonstick skillet or pot. Add the marshmallows and cook, stirring frequently, until completely melted and combined with the butter. Stir in the peppermint extract. Remove pan from heat.

**2.** Add ½ cup white chocolate chips and the cereal and stir until cereal is evenly coated. Immediately pour onto the prepared sheet. Using an oiled spatula, spread the mixture in an even layer. Set aside to cool briefly, about 3 minutes. Before the mixture completely sets, cut out stars with a 2-in. oiled cutter. (You will need to oil the cutter often, as the mixture does stick to the cutter.) The remaining mixture can be pressed back together for more stars. Place the cookies on a baking sheet lined with lightly greased parchment paper.

**3.** Place the remaining cup white chocolate in a deep microwave-safe bowl and microwave on 50% power until melted, stirring frequently; stir in the vegetable oil. Place the melted chocolate in a piping bag or a ziptop bag with a corner snipped off. Drizzle the chocolate over the cookies and sprinkle with the crushed candy canes. Refrigerate until set, about 15 minutes. (Make ahead: Store in an airtight container at room temperature. Best if served within 2 days.)

*Makes 30 stars.*

# DUNK AWAY

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# Brilliant make-ahead breakfasts

Because the *last* thing you want to be doing on Christmas or New Year's Day is sweating in your kitchen. These egg cups are special and insanely yummy, yet simple enough to guarantee you time to relax. Imagine that!

RECIPES BY KHALIL HYMORE
PHOTOGRAPHED BY ALICE GAO

## Egg base

***Use this recipe for all of the egg cup recipes you see here.***

**YOU'LL NEED:** 5 large eggs; 2 Tbsp whole milk; ½ tsp kosher salt.
**TO MAKE:** In a medium bowl, whisk ingredients until smooth. All recipes on these pages take a total of 30 minutes to prepare, with 10 minutes of hands-on work.

## PARISIAN HAM AND CHEESE EGG CUPS

**YOU'LL NEED:** Cooking spray; 1 large croissant, diced (about 1¼ cups); 3 oz deli ham, chopped; 3 oz Gruyère cheese, grated; ¼ tsp ground nutmeg; egg base; ½ tsp pepper.
**TO MAKE:** Heat oven to 350°F. Lightly coat a 12-cup standard muffin pan with cooking spray; set aside. Divide the croissant, ham, and cheese among the muffin cups. Whisk the nutmeg into the egg base, divide among the muffin cups, and sprinkle with the pepper. Bake until puffed and golden, about 20 minutes. Carefully remove from the pan and serve immediately, or allow to cool completely, then place in an airtight container and refrigerate for up to 3 days.

***Per cup: 92 cal, 6 g fat (3 g sat fat), 7 g protein, 3 g carb, 0 g fiber.***

## GF SALMON AND DILL EGG CUPS

**YOU'LL NEED:** Cooking spray; 3 oz smoked salmon, torn into bite-size pieces; 2 oz cold Neufchâtel cheese (or ⅓-less-fat cream cheese), diced; ¼ cup chopped fresh dill; egg base; ½ tsp pepper.
**TO MAKE:** Heat oven to 350°F. Lightly coat a 12-cup standard muffin pan with cooking spray; set aside. Divide the salmon, cheese, dill, and egg base among the muffin cups and sprinkle with the pepper. Bake until puffed and golden, about 20 minutes. Carefully remove from the pan and serve immediately, or allow to cool completely, then place in an airtight container and refrigerate for up to 3 days.

***Per cup: 52 cal, 4 g fat (2 g sat fat), 5 g protein, 1 g carb, 0 g fiber.***

FOOD STYLIST: KHALIL HYMORE. PROP STYLIST: KIRA CORBIN AT JAMES REPS.

GF MEANS THIS RECIPE CAN BE PREPARED GLUTEN-FREE, BUT *ALWAYS* CHECK INGREDIENT LABELS.






nly

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## SALSA AND SAUSAGE EGG CUPS

**YOU'LL NEED:** Cooking spray; 6 oz frozen shredded hash browns, thawed; 3 oz dried chorizo, diced; egg base; ¼ cup fresh salsa; ½ tsp pepper.

**TO MAKE:** Heat oven to 350°F. Lightly coat a 12-cup standard muffin pan with cooking spray; set aside. Divide the thawed hash browns, chorizo, and egg base among the muffin cups. Dollop each with the salsa and sprinkle with the pepper. Bake until puffed and golden, about 20 minutes. Carefully remove from muffin tins and serve immediately, or allow to cool completely, then place in an airtight container and refrigerate for up to 3 days.

*Per cup: 82 cal, 6 g fat (2 g sat fat), 4 g protein, 5 g carb, 1 g fiber.*

## APPLE-RAISIN FRENCH TOAST CUPS

**YOU'LL NEED:** Cooking spray; 1 large sandwich roll, diced (about 1¼ cups); ½ apple, diced (about ¾ cup); 3 Tbsp raisins; ¼ cup heavy cream; 3 Tbsp sugar; ½ tsp ground cinnamon; egg base (made with 4 eggs instead of 5).

**TO MAKE:** Heat oven to 350°F. Lightly coat a 12-cup standard muffin pan with cooking spray; set aside. Divide the bread, apple, and raisins among the muffin cups. Whisk the heavy cream, sugar, and cinnamon into the egg base and divide among the muffin cups. Bake until puffed and golden, about 20 minutes. Carefully remove from the pan and serve immediately, or allow to cool completely, then place in an airtight container and refrigerate for up to 3 days.

*Per cup: 78 cal, 4 g fat (2 g sat fat), 3 g protein, 9 g carb, 1 g fiber.*




While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

®, TM, © 2015 Kellogg NA Co.

# Turn chicken tenders into *super* suppers

A weeknight freezer staple can do so much more. These two speedy recipes are bright and delicious, and will satisfy even the pickiest eaters—big or small—at your table.

PHOTOGRAPHED BY ALICE GAO



## ORANGE CHICKEN AND VEGGIE STIR-FRY

Active: 15 minutes
Total: 25 minutes

- ¼ cup orange juice
- 2 Tbsp orange marmalade
- 2 Tbsp water
- 4 Tbsp low-sodium soy sauce
- 1½ tsp cornstarch
- 6 Tbsp vegetable oil
- ½ lb frozen breaded chicken tenders, cut into ½-in. pieces (while still frozen)
- 8 oz broccolini, cut into 1½-in. pieces
- 1 red bell pepper, cut into thin strips
- 8 oz sliced mushrooms
- 2 scallions, sliced
- 1 clove garlic, sliced
- 1 2-in. piece fresh ginger, peeled and sliced into matchsticks
- ¼ tsp crushed red pepper flakes
- Toasted sesame seeds and cooked brown rice, for serving

**1.** In a small bowl, stir together the orange juice, marmalade, water, soy sauce, and cornstarch; set aside.

**2.** In a large skillet, heat 4 Tbsp oil over medium-high heat. Add the chicken and cook until crisp, about 4 minutes. Transfer to a paper towel–lined plate. Wipe out the pan with a paper towel.

**3.** Return pan to heat and add 1 Tbsp oil. Add the broccolini and cook until crisp-tender, about 2 minutes. Transfer to the plate with the chicken. Add the bell pepper and cook until crisp-tender, about 1 minute; transfer to the plate. Add the remaining Tbsp oil to the pan, add the mushrooms, and cook until tender, about 3 minutes. Add the scallions, garlic, ginger, and red pepper and cook until fragrant, about 1 minute. Add the orange juice mixture, reduce heat to medium, and cook until thickened, about 30 seconds. Return chicken and vegetables to the pan, tossing to coat in the sauce, and cook until reheated, about 30 seconds. Garnish with sesame seeds and serve over rice, if desired.

*Makes 4 servings. Per serving: 321 cal, 19 g fat (2 g sat fat), 12 g protein, 28 g carb, 5 g fiber.*

## BUFFALO CHICKEN TENDERS WITH HERBED FETA DIP

Active: 15 minutes
Total: 35 minutes

- 1 lb frozen breaded chicken tenders
- ½ cup buffalo-style hot sauce
- 4 Tbsp extra-virgin olive oil
- 1 Tbsp red wine vinegar
- 1 Tbsp honey
- 4 tsp fresh chopped oregano
- 1 cup nonfat plain Greek yogurt
- 4 oz feta cheese, crumbled
- Kosher salt and pepper
- Pitas, cucumber spears, and cherry tomatoes, for serving

**1.** Bake the chicken tenders according to package instructions until golden.

**2.** Meanwhile, whisk together the hot sauce, 2 Tbsp oil, the vinegar, honey, and 2 tsp oregano in a large bowl; set aside. In a small serving dish, stir together the yogurt, feta, ½ tsp salt, ¼ tsp pepper, and the remaining oil and oregano. Toss the hot chicken tenders in the buffalo sauce mixture to coat. Serve in pitas with the herbed feta dip, cucumbers, and tomatoes, if desired.

*Makes 4 servings. Per serving: 480 cal, 29 g fat (8 g sat fat), 25 g protein, 30 g carb, 4 g fiber.*



FOOD STYLIST: KHALIL HYMORE. PROP STYLIST: KIRA CORBIN AT JAMES REPS.

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SELECTS

# NATURAL^

## SLOW ROASTED TURKEY BREAST



^NO ARTIFICIAL INGREDIENTS
NO ARTIFICIAL PRESERVATIVES
NO ADDED HORMONES+
NO ARTIFICIAL FLAVORS
NO ARTIFICIAL COLORS
NO GLUTEN
NO BY-PRODUCTS

**Great taste is in our nature.**

Oscar Mayer

^MINIMALLY PROCESSED + FEDERAL REGULATIONS PROHIBIT THE USE OF HORMONES IN POULTRY.

# 1 DREAM HOME 32 REAL IDEAS

Joy is in the air right this second—but it should be in your house all year long. Pick some tips from these happy, sunny rooms and let the cheer pour in.

THE TRICK TO A BRIGHT AND GORGEOUS (yet completely family-friendly) home? Make it all easy to clean. That was author and journalist Christine Lennon's plan when decorating her Los Angeles house. "My twins were 3 when we moved in, and we have a dog, so nothing could be precious," Christine says. While much of her furniture was vintage that she'd had reupholstered, she suggests finding pieces that have texture, "things you just want to reach out and touch. I think that's the secret to making any room feel warm and inviting." Keep reading for how to bring this low-key style into your home.





**STATEMENT RUG** Ashlina Persian overdyed vintage rug, $589 for 8 x 10 foot; rugsusa.com.

"Don't be scared to buy a vintage-looking rug that's a little threadbare in places. It's like a pair of perfectly broken-in jeans—it makes a room look so comfortable and stylish."



**PINK CHAIR** "Mine is like a burst of sunshine in that corner." Skyline custom upholstered midcentury armless chair, $289; target.com.

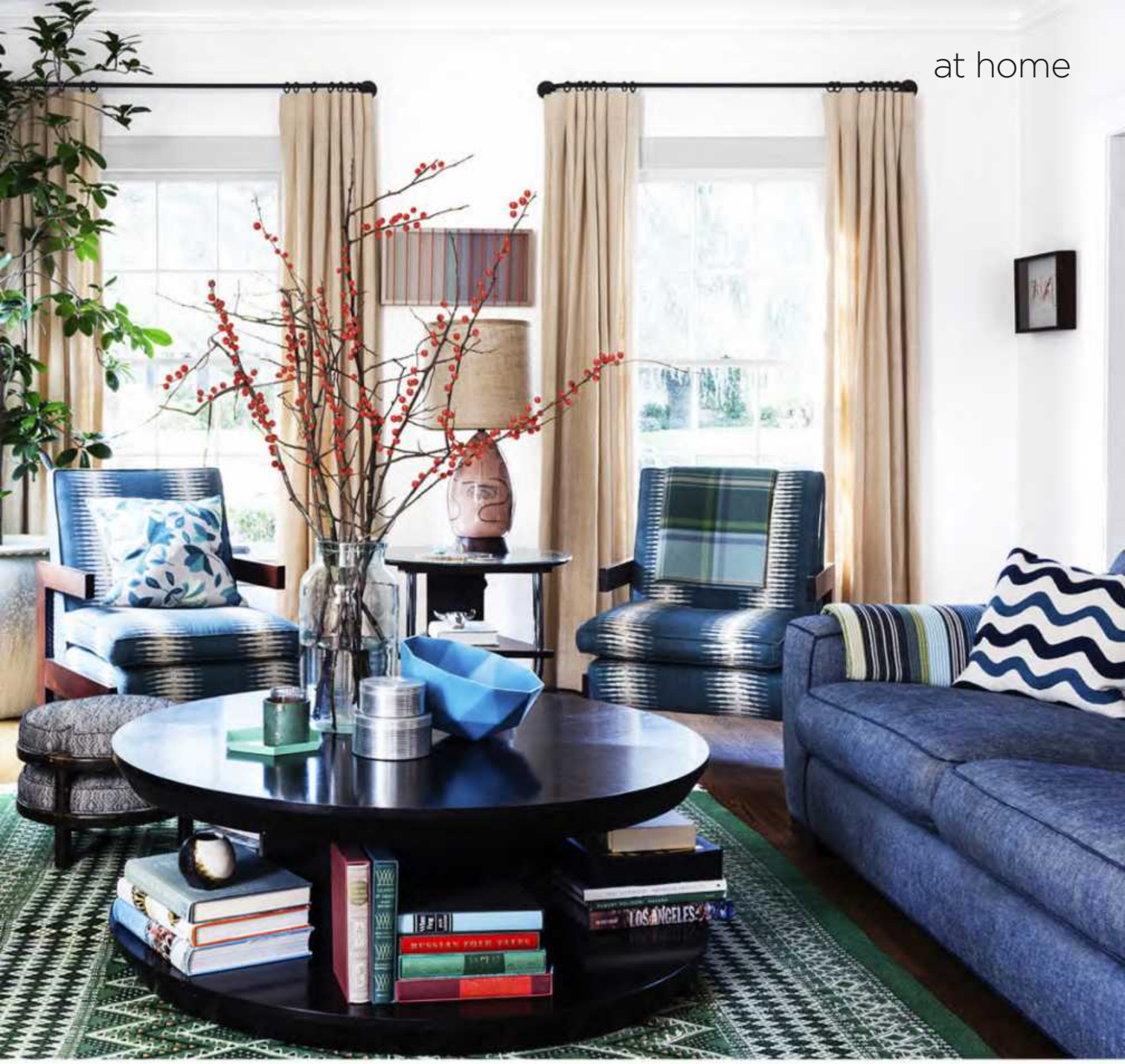


**IKAT CHAIR** Asha accent chair, $239; jossandmain.com.

ONE KINGS LANE. STILLS: COURTESY OF MANUFACTURERS.



PHOTOGRAPHED BY Nicole LaMotte




"A denim sofa is neutral, yet it brings color into the room."

**COMFY SOFA**
Davis sofa in Ocean, $1,299; crateandbarrel.com.





**COLORFUL TRAY**
Small Kaleido tray, $29; store.dwell.com.



**DENIM PILLOW**
Reeve pillow, $57.60; luluandgeorgia.com.





**ROUND COFFEE TABLE**
Office Star MRG12 table, $197; atgstores.com.

**PINK LAMP**
Linen Wexler table lamp, $130; lampsplus.com.

# KITCHEN

"We bought a long piece of leather, had holes cut into it, and turned it into a bunch of drawer pulls. With the hardware, it ended up costing less than $2 per drawer!"



**CANISTER**
Large cream canister with wood lid, $39.95; williams-sonoma.com.

**CUTTING BOARD**
Olive wood rectangular board, $54.64; shopladder.com.

**SUBDUED GRAY ISLAND**
"We love to cook and entertain, so I wanted the kitchen to be neutral and not compete with the chaos in it." Benjamin Moore Silver Mink 1586.

**TURQUOISE VASE**
Fiesta medium vase, $43.40; kohls.com.

**PENDANT LIGHT**
Foto medium pendant light, $19.99; ikea.com for locations.

# DINING ROOM

"When we moved in, there was a green leafy wallpaper in this room. I just painted right over it! I have to say, doing that gave the walls a softness I didn't expect."



**STATEMENT LAMP**
Diamond pattern ceramic table lamp, $99.99; eurostyle lighting.com.

**DEEP BLUE**
Ralph Lauren Amalfi Navy RL1921.

**MOD CHANDELIER**
"Mine actually came with individual shades that fit on each little light. I like the way it looks without them—it's still traditional, but with a modern tweak." Eclipse chandelier, $249; westelm.com.

**PLAID RUNNER**
Table runner, $18.95 for 12 x 72-inch; etsy.com/shop/thepreppyowlboutique.

**HANDSOME TABLE**
Walnut table, $895; etsy.com/shop/blowingrock woodworks.

LAMP, TABLE RUNNER: CHRISTOPHER COPPOLA/STUDIO D. STYLIST: DONA MANDEL AT JAMES REPS. PAINT BLOBS: SHUTTERSTOCK.

# MASTER BEDROOM

"We live in earthquake country, and it's a big no-no to put anything heavy above the bed. I saw the Salt & Still store on Etsy and thought their phases-of-the-moon tapestry felt so peaceful for a bedroom."

**PAISLEY PILLOW**
"Our bed frame is so angular and masculine that I wanted to soften it with pretty, muted patterns." Annette Spring Euro sham, $55; furbishstudio.com.

**TASK SCONCE**
20th C. Library Single Sconce, $219; restorationhardware.com.



**OTTOMAN WITH STORAGE**
Threshold tufted ottoman, $89.99; target.com.



**THE PERFECT BEDROOM GRAY**
Benjamin Moore Wickham Gray HC-171.



**BEDSIDE PEDESTAL**
Galium end table, $138; wayfair.com.

# GIRL'S ROOM

"A pink lampshade cancels out the greenish cast of our energy-saving bulbs. It also makes that grown-up lamp feel girly."







**GINGER-JAR LAMP**
East Enterprise floral table lamp, $160; bellacor.com.



**OLD-SCHOOL DESK CHAIR**
Industrial office chair, $199; westelm.com.



**BUTTERFLY GARLAND**
"I attached that string of butterflies to the wall with tacks." Assorted artificial butterfly garland, $13.74; gandgwebstore.com.



**HOT PINK QUILT**
Lush Decor crinkle solid quilt, $81.99; allmodern.com.

BUTTERFLY GARLAND, COMFORTER: CHRISTOPHER COPPOLA/STUDIO D. STYLIST: DONA MANDEL AT JAMES REPS. PAINT BLOB: SHUTTERSTOCK.

# Fire up your holiday style

It's the center of all activity this time of year, so give your mantel some love. Use our beyond-easy D.I.Y.s to get the looks you see on these pages—they work on the fireplace or *anywhere* you need extra sparkle.

BY CATHERINE DASH

## Red, white, and festive

Cheery paper flowers and pinecones give off serious Christmasy vibes without a touch of greenery.

**›One of the benefits of paper flowers: They're no-maintenance. Take an afternoon to create a bunch; all you need is a hot-glue gun to secure a few to the ends of gathered branches (just scour your yard for those).**
Little B paper flower kit, $8.99; scrapbook.com.

**›An unused fireplace becomes the perfect spot to display holiday cards. Wrap a piece of foam core with fabric and add horizontal stripes of ribbon, pulled taut at each end (secure the ends with a hot-glue gun to ensure they'll stay in place). Most foam core comes in a standard size like 20 x 30 inches; if you want something larger, go to a frame store and ask them to cut you a custom piece.**

**›Elevate frosted pinecones by placing them in tiny vases under glass cloches. For the pinecones, all you need to do is spray their tips with silver paint—or pick up already adorned ones on Etsy.**
Winter frosted pinecones, $24 for 8; etsy.com/shop/meredithrosepetal. Clear glass cloche and base, $25; jamaligarden.com.

AIMEE HERRING.



## Lush & twinkling

This elegant mantel combines natural elements with glittery silver and glass accents. Adding lights gives it warmth even when the fire isn't roaring.

› Invest in a pre-lit faux-pine garland, and each year when you pull it out and plop it on the mantel, you'll feel gratitude for not having to wrestle with actual needles.

Pre-lit pine artificial Christmas garland, $105 for 16 feet; walmart.com.

› The arrangement on the top left is just a few bare twigs adorned with sweet little silver and gray ornaments.

Mini vintage handblown glass ornaments, $12 for 6; restorationhardware.com.

› A string of battery-powered LED lights turns an oversize glass vessel into festive decor. Use whatever lights you have left over from trimming your tree—or opt for an artsy, delicate strand like this one.

Petite starry string lights, $29 for 10 feet; ballarddesigns.com.

› Paper snowflakes add a bit of whimsy to this otherwise rich look. Buy an ornate 3-D style like the one pictured here, or just put your kids to work on making a garland of their own creations.

14-inch paper snowflake, $4.50 each; etsy.com/shop/touchomagic.

› Layering your votives will deliver a glowy, dreamy effect whether you've lit the Yule log or not.

Silver mercury glass votives, $11.97 for 3; worldmarket.com. Adorn glass hurricane, $4.99 for 8-inch hurricane; worldmarket.com.

## Playfully woodsy

We love this kinda-kooky mash-up of wild greens, flowers, craftsy candleholders, plus a skinny garland.

› Forgo traditional fir or boxwood greenery and incorporate a random mix of loose branches into your decor. Gather what looks fresh and pretty and arrange it as you would flowers in a vase, trimming as you go. The less symmetry you have, the better.

› So you have all those green clippings—that means you can go fake with the amaryllis! For an über-festive vibe, put them in an old jar or cheap glass vase with cinnamon sticks glued around it. (Use a serrated knife to trim them to varying lengths.)

Red amaryllis artificial flower stem, $9.95; crateandbarrel.com. 8-inch cinnamon sticks, $9.99 for 1 pound (about 10 to 15 sticks); jamaligarden.com.

› The finishing touches: Incorporate bright baubles (like standard ball ornaments in jewel tones), Scandinavian accents like Dala horse candlesticks to sit on your mantel, and traditional white straw ornaments—we love how these hang from the hooks you'll eventually put stockings on. A thin, sparkly garland draped below adds the cutest finishing touch.

Multicolor shatterproof traditional ball ornaments, $19.99 for 50; christmascentral.com. Wooden Dalahorse tea light candleholder, $24; scandinavianshoppe.com. White glitter straw star ornaments, $13.99 for 18; scandinavianshoppe.com. Clear Iridescent and Silver Twisted Beaded Garland, $5.99 for 9 feet; christmascentral.com.



FROM TOP: THE WHITE COMPANY; CLAIRE RICHARDSON.

# 5 ways to seriously max out the cheer



## LOOK UP!

Your tree topper shouldn't be the only bit of holiday charm that draws your eyes toward the ceiling. We love this artsy-festive branch that fills an empty space like a doorway or even a stairwell. Have your kids scour the yard for a branch, tie on a variety of little ribbons, and steal a couple of ornaments from the tree. So lovely and *so* easy.

### AMAZING CHEESE BALLS

The most wonderful time of the year (cheese ball season) is upon us. Instead of the usual whopping balls, try these quick minis from our resident food genius, Khalil Hymore: Cut a 10-oz log of goat cheese into tablespoon-size chunks, roll those into balls, and coat them with one of these mixes. **Pretzel herb:** Combine 1½ cups crushed pretzels and 1 tsp crushed dried thyme. **Everything bagel:** Combine ¼ cup each toasted sesame seeds, poppy seeds, dried garlic flakes, and fresh chopped chives and 1 tsp flaky sea salt. **Spicy cheese:** Combine 1½ cups crushed Cheez-Its and ½ tsp cayenne pepper.





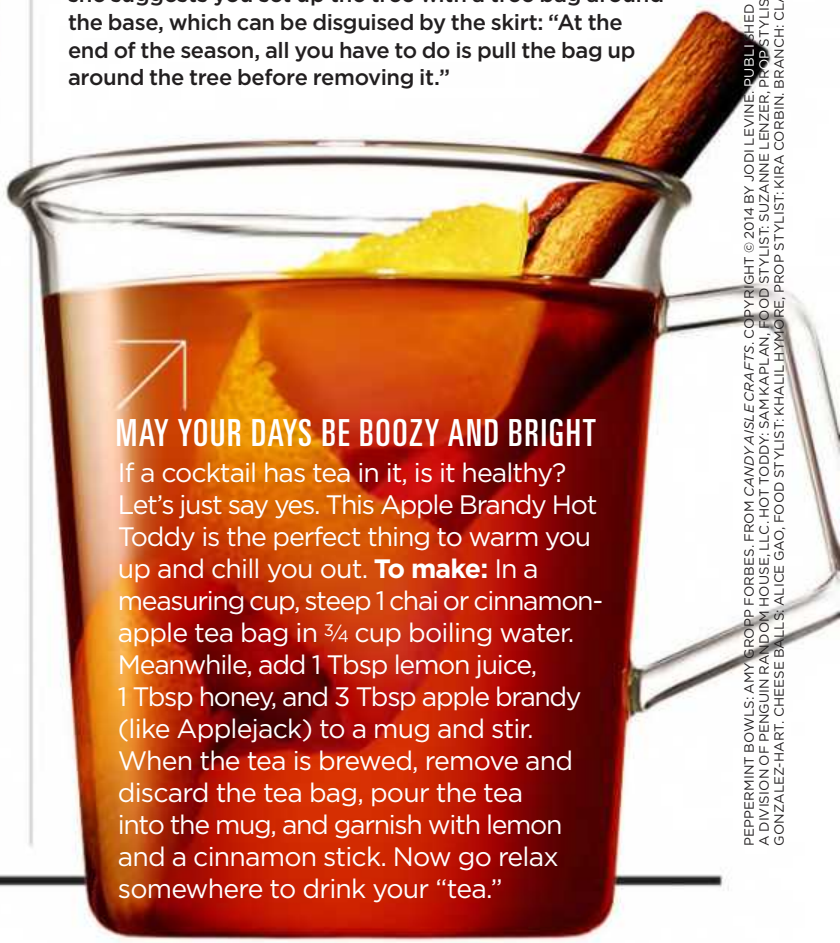
### PRETTY PEPPERMINT BOWLS

We love this D.I.Y. candy bowl from the book *Candy Aisle Crafts* by Jodi Levine—such sweet little things to put holiday candy or chocolates in.

**TO MAKE:** Heat oven to 275°F. Line a baking sheet with parchment and coat with vegetable oil. Place 1 candy on the sheet; bake for 2 to 2½ minutes, until it looks shiny and softened. Remove from the oven and place 6 candies around it (touching the center one); return to the oven for 4 to 5 minutes. Remove again and place 11 more candies around the circle; bake for another 11 minutes. Remove from oven and cool for 1 minute. Oil the outside of a 6-in. bowl, invert it, then lay the group of candies over the outside of the bowl, parchment facing out. Use an oven mitt to mold the candy to the bowl. Let cool, remove the parchment, and lift the candy off the bowl.

### DON'T GET OVERRUN BY PINE NEEDLES

**Pine needles get everywhere, but professional organizer Samantha Pregenzer has a genius way to run interference: always having a lint roller handy to pick strays off your sofa and the tree skirt. Also, she suggests you set up the tree with a tree bag around the base, which can be disguised by the skirt: "At the end of the season, all you have to do is pull the bag up around the tree before removing it."**



### MAY YOUR DAYS BE BOOZY AND BRIGHT

If a cocktail has tea in it, is it healthy? Let's just say yes. This Apple Brandy Hot Toddy is the perfect thing to warm you up and chill you out. **To make:** In a measuring cup, steep 1 chai or cinnamon-apple tea bag in ¾ cup boiling water. Meanwhile, add 1 Tbsp lemon juice, 1 Tbsp honey, and 3 Tbsp apple brandy (like Applejack) to a mug and stir. When the tea is brewed, remove and discard the tea bag, pour the tea into the mug, and garnish with lemon and a cinnamon stick. Now go relax somewhere to drink your "tea."

PEPPERMINT BOWLS: AMY GROPP FORBES. FROM *CANDY AISLE CRAFTS*. COPYRIGHT © 2014 BY JODI LEVINE. PUBLISHED BY POTTER CRAFT, A DIVISION OF PENGUIN RANDOM HOUSE, LLC. HOT TODDY: SAM KAPLAN, FOOD STYLIST: SUZANNE LENZER, PROP STYLIST: CARLA GONZALEZ-HART. CHEESE BALLS: ALICE GAO, FOOD STYLIST: KHALIL HYMORE, PROP STYLIST: KIRA CORBIN. BRANCH: CLAIRE RICHARDSON.




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# Shop the issue

**Who will be named America's Hottest Husband?**
Meet the 2016 finalists and get their sweet, smart advice on having a happy marriage at **redbookmag.com/hothusbands**. Then check back next issue to see who won the grand prize: a Luxury Included trip to Sandals Resorts!

## THE FOOLPROOF TRICK FOR SEXY EYES

**Page 18:** Evercolor Starlight Waterproof **Eyeliner** in Espresso, $15. In The Buff **Eyeshadow Palette**, $50. Both by Mally Beauty; mallybeauty.com.

## FIND A FRAGRANCE YOU'LL *LOVE*

**Page 46:** Eternity Now Calvin Klein **Eau de Parfum**, $82 for 3.4 oz; macys.com. Beyoncé Heat Wild Orchid **Eau de Parfum**, $20 for .5 oz; target.com. Mary Kay Cityscape **Eau de Parfum**, $50 for 50 ml; marykay.com. Kuba Rose **Eau de Parfum** by Isabel and Ruben Toledo; $53 for 2.5 oz; lanebryant.com. Estée Lauder Modern Muse Le Rouge **Eau de Parfum**, $82 for 1.7 oz; esteelauder.com. Vera Wang Embrace Rosebuds & Vanilla **Eau de Toilette**, $29.99 for 1 oz; walmart.com. Avon Attraction for Her **Eau de Parfum**, $30 for 50 ml; avon.com. Lancôme Vie Est Belle Intense **Eau de Parfum**, $110 for 1.7 oz; lancome-usa.com. Elizabeth Arden Always Red **Eau de Toilette**, $69 for 3.3 oz; elizabetharden.com.

## TAKE JUST A MINUTE AND PUT ON YOUR PARTY FACE

**Page 48:** Nars **Eyeshadow**, $25; narscosmetics.com. Avon Ultra Color **Lipstick**, $8; avon.com. Smashbox Always Sharp Waterproof Kohl **Liner**, $20; smashbox.com. OPI **Nail Lacquer**, $9.50; ulta.com.
**Page 50:** Clinique Cheek Pop **Blush**, $22; clinique.com. Marc Jacobs Beauty Enamored Hi-Shine **Lip Lacquer**, $28; sephora.com.
**Page 53:** Sonia Kashuk Crème **blush**, $9.79; target.com. Estée Lauder Pure Color Envy Shine Sculpting Shine **Lipstick**, $30; esteelauder.com. Bobbi Brown Metallic **Eye Shadow**, $24; bobbibrowncosmetics.com.
**Page 54:** Charlotte Tilbury Nocturnal Cat Eyes To Hypnotise **Eyeshadow and Eyeliner**, $39; charlottetilbury.com. Benefit Cosmetics Box O' Powder **Blush**, $28; benefitcosmetics.com. Lancôme Hypnôse Star **Mascara**, $28.50; lancome-usa.com.

## WINTER-PROOF YOUR SKIN NO MATTER WHERE YOU LIVE

**Page 56:** Tatcha Rice **Enzyme Powder**, $65; tatcha.com. Kiehl's In-Flight Refreshing **Facial Mist**, $14; kiehls.com. Éminence Organic Skin Care Stone Crop **Hydrating Mist**, $38; buynaturalskincare.com. Dermalogica UltraCalming **Barrier Repair**, $43; dermalogica.com. First Aid Beauty Ultra Repair Instant **Oatmeal Mask**, $22; sephora.com.
**Page 59:** Tammy Fender **Restorative Radiance Masque**, $235; tammyfender.com. Origins Original Skin **Retexturizing Mask** with Rose Clay, $25; origins.com. SkinCeuticals CE Ferulic **Serum**, $162; skinceuticals.com. Laura Mercier Foundation Primer Protect Broad Spectrum **SPF 30 PA +++**, $34; lauramercier.com. Supergoop! Acai Fusion **Lip Balm**, $8.50; supergoop.com. Lipsmart with Hydrating Technology **Lip Balm**, $30; lipsmart.com. Yes To Coconut Cooling **Lip Oil**, $4.99; yestocarrots.com. Kate Somerville DermalQuench + Retinol Advanced **Firming Treatment**, $98; katesomerville.com. Peter Thomas Roth FirmX **Peeling Gel**, $48; peterthomasroth.com.

## MAKEUP THAT GOES ALL DAY

**Page 60:** Too Faced Endless Summer 16 Hour Long-Wear **Bronzer**, $30; toofaced.com. Lancôme Drama Liqui-**Pencil**, $23; sephora.com. Urban Decay **Afterglow Blush**, $26; urbandecay.com.

## 4 FRESH & FUN BEAUTY UPDATES

**Page 62:** Zoya & REDBOOK Limited Edition Holiday Collection, $27; ulta.com. Andre Walker Hair Beautiful Curls **Styling Crème**, $15.99; target.com. Bobbi Brown Deluxe **Cheek & Eye Palette**, $85; bobbibrowncosmetics.com.

## FIND YOUR DREAM LBD

**Page 68:** *On Grace:* Luxe by Carmen Marc Valvo for Dressbar **dress**, $68 (sizes 4 to 16), $76 (sizes 14 to 24); dressbar.com. Sterling Forever **earrings**, $19; sterlingforever.com. Charming Charlie **bangles**, $13 and $10; charmingcharlie.com. Lauren Ralph Lauren **heels**, $165; ralphlauren.com. *On Kate:* Lulu's **dress**, $97; lulus.com. Aldo **earrings**, $30; aldoshoes.com. Everlane **shirt**, $50; everlane.com. Blue by Betsey Johnson **heels**, $159; macys.com. *On Johanna:* Finders Keepers **dress**, $150; us.fashionbunker.com. Nina **heels**, $89; ninashoes.com.
**Page 69:** *On Jennifer:* Katherine Kelly **dress**, $169; dillards.com. *On Brandi:* Mossimo **dress**, $29.99; target.com. Kiss My Jewels **earrings**, $17; kissmyjewels.com. Bebe **belt**, $44; bebe.com.
**Page 70:** *On Meaghan:* Fashion to Figure **dress**, $48.90; fashiontofigure.com. Charming Charlie **necklace**, $25; charmingcharlie.com. Kristin Cavallari by Chinese Laundry **heels**, $149; chineselaundry.com. *On Beck:* Kiyonna Clothing **dress**, $158; kiyonna.com. J. Renee **heels**, $110; zappos.com.
**Page 71:** *On Jeanie:* Gap **dress**, $79.95; gap.com. Talbots **necklace**, $79.50; talbots.com. *On Kim:* Vince Camuto **dress**, $168; vincecamuto.com. R.J. Graziano **earrings**, $85; rjgraziano.com.
**Page 72:** *On Rachel:* Lela Rose for Lane Bryant **dress**, $108; lanebryant.com. Oasis **brooch**, $17; oasis-stores.com. J.Crew **heels**, $278; jcrew.com. *On Jennifer:* Bebe **dress**, $249; bebe.com. Shop Jewel Envy **earrings**, $18; shopjewelenvy.com. American Apparel **bra**, $14; americanapparel.com. Guess **heels**, $99; guess.com. *On Mia:* Monif C. **dress**, $88; monifc.com. Nine West **heels**, $89; ninewest.com.
**Page 73:** *On Tessa:* Zara **dress**, $99.90; zara.com. Roberta Chiarella **earrings**, $98; robertachiarella.com. Merona **clutch**, $24.99; target.com. My Delicious **heels**, $28; lulus.com. *On Berta:* Banana Republic **dress**, $198; bananarepublic.com. Make Me Chic **earrings**, $6.60; makemechic.com. Oasis **brooch**, $17; oasis-stores.com. Windsor **heels**, $30.90; windsorstore.com.

## KHLOÉ'S COVER LOOK

**On the cover:** Dress: Alice + Olivia. Earrings: Roberto Demeglio. Bracelets: Khloé's own.
**Get Khloé's cover look** with Sexy Booster Cat Eyes Collection Mascara, Shimmer Strips Custom Nude Palette in Warm Nude, and pH Powered Lip Gloss in Natural by Physicians Formula; Luxe Style Infusion Volumizing Weightless Blow Dry Spray by Suave Professionals; and Nail Lacquer in Love Is In My Cards by OPI.




YU TSAI.

# Sweepstakes Rules

**Great Gifts Under $50 Z Gallerie Sweepstakes; Great Gifts Under $50 Mark & Graham Sweepstakes; Great Gifts Under $50 Talbots Sweepstakes; Great Gifts Under $50 Boden Sweepstakes; Great Gifts Under $50 E.l.f. Sweepstakes; Great Gifts Under $50 HP Sweepstakes; Great Gifts Under $50 Christian Siriano Sweepstakes; Great Gifts Under $50 Silpada Sweepstakes; Great Gifts Under $50 Sequin Sweepstakes; Great Gifts Under $50 Moon & Lola Sweepstakes; Great Gifts Under $50 Fabkids Sweepstakes; Great Gifts Under $50 Children's Place Sweepstakes; Great Gifts Under $50 Skechers Sweepstakes; Great Gifts Under $50 Joe Boxer Sweepstakes; Great Gifts Under $50 Kiehl's Sweepstakes; Great Gifts Under $50 Roku Sweepstakes; Great Gifts Under $50 Mud Pie Sweepstakes: Great Gifts Under $50 Imoshion Sweepstakes; Great Gifts Under $50 Kitsch Sweepstakes; Great Gifts Under $50 Modcloth Sweepstakes; Great Gifts Under $50 EOS Sweepstakes; Great Gifts Under $50 Rue21 Sweepstakes; Great Gifts Under $50 Cameo Nouveau Sweepstakes; Great Gifts Under $50 MyRume Sweepstakes; Great Gifts Under $50 Container Store Sweepstakes; Great Gifts Under $50 Burt's Bees Sweepstakes; Find a Fragrance You'll *Love* Sweepstakes; Take Just a Minute and Put On Your Party Face Sweepstakes; Makeup That Goes All Day Sweepstakes; 4 Fresh and Fun Beauty Updates Sweepstakes. No purchase necessary to enter or win.** To enter beginning November 17, 2015, at 12:01 a.m. ET through January 4, 2016, at 11:59 p.m. ET, go to redbookmag.com/freebies on a computer or wireless device and complete and submit the entry form for the sweepstakes of your choice pursuant to the onscreen instructions. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia, or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at redbookmag.com/freebies.

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# What are you dreaming about?

We asked 1,000 women what they would (and wouldn't) change about their lives if they could make any wish come true. Turns out your fantasy world looks a lot less like a fairy tale and lot more like... well, a very happy, mostly achievable existence.

**84 PERCENT**

OF WOMEN WOULD RATHER HAVE A MORE *fun job* THAN AN EASIER ONE.



Go ahead, drop **"weekly happy hour"** in the office suggestion box.

**5:1**

The ratio of women who would want to be famous for writing a *NEW YORK TIMES* BEST SELLER **(36%)** compared to the number who would want to be known for SUPERMODEL GOOD LOOKS **(7%)**

Hey, if Snooki can make it onto the best-seller list, we *know* you can too.

**The #1 magical skill you wish your husband had:**



**53%** of you wish he could **read your mind...** but only when you want him to.

THE TWO **SUPERPOWERS** YOU'D MOST WANT TO HAVE?

**37%** of you would **wish to eat whatever you want and stay at your goal weight.**

**36%** **chose teleportation:** See ya, morning commute.

EARLY RETIREMENT? YOU'RE NOT INTERESTED.

**EVEN IF YOU WERE GUARANTEED $150,000 A YEAR *FOR LIFE*,**

**58%**

**OF YOU WOULD CONTINUE WORKING**

**but would switch to a more fulfilling career.**

**TIME TO WHIP OUT THE CHORE CHART AGAIN!**

If you could have any luxury,

**43%**

of you would take a ***butler, maid, and personal chef*** to wait on you hand and foot over a private jet (29%), a giant closet filled with designer clothes (20%), or your own glam squad (8%).

## WHAT'S YOUR FANTASY RESIDENCE?

- **47%** A beautiful house by the beach
- **27%** A mansion in the countryside
- **18%** Exactly where I am now—it's home
- **8%** A chic big-city apartment

NOTEBOOK: GARY OMBLER/GETTY IMAGES.



# UNDERSTAND THE DIFFERENCE BETWEEN GETTING A FLU SHOT AND CHOOSING ONE.

## CHOOSE THE FLU SHOT WITH BROADER COVERAGE.

The 3-strain flu (influenza) vaccines only cover three flu virus strains, but the 4-strain vaccines cover an additional strain. That means you may get broader coverage against the flu with the 4-strain vaccine.

**ASK YOUR PHARMACIST OR HEALTHCARE PROVIDER** if the 4-strain flu vaccine is right for you and your family.

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